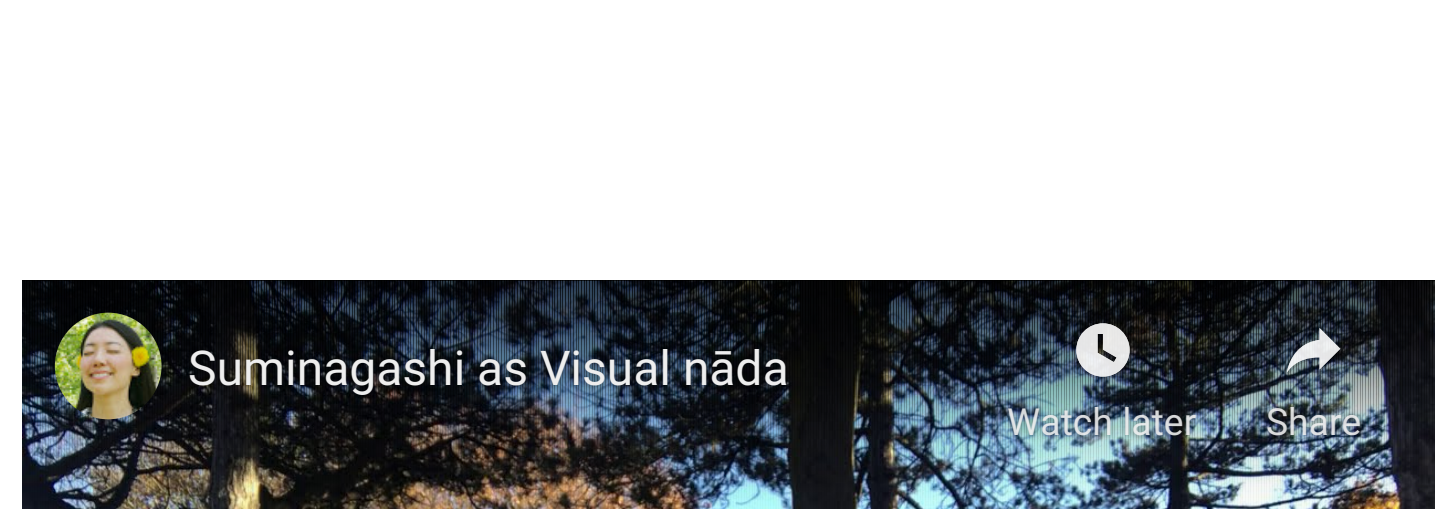
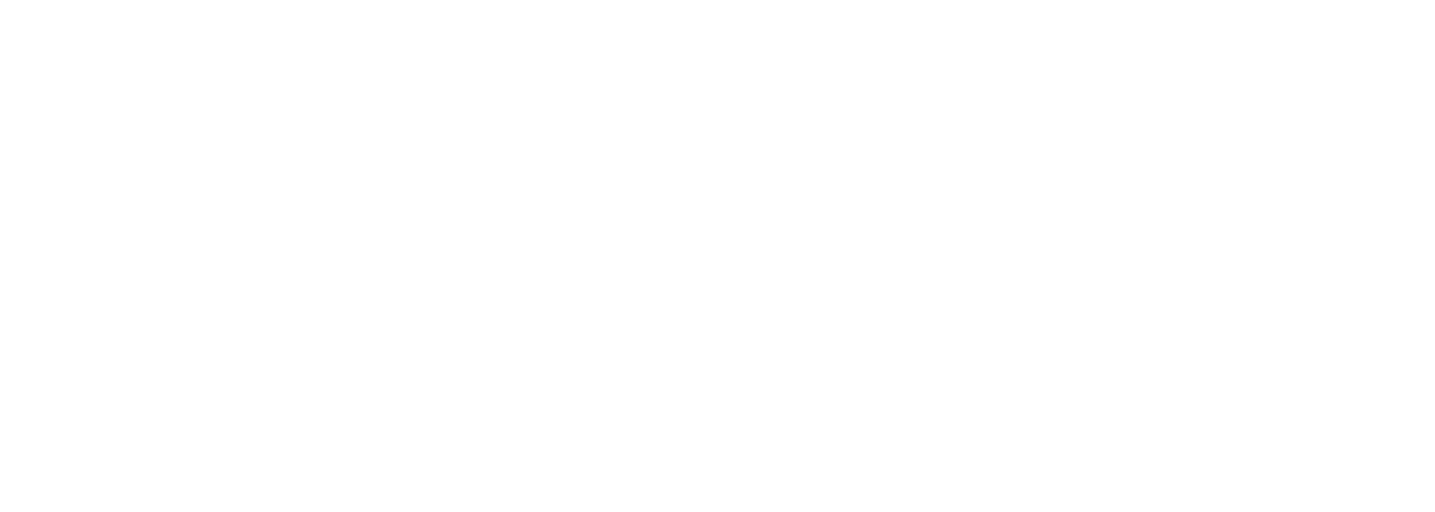
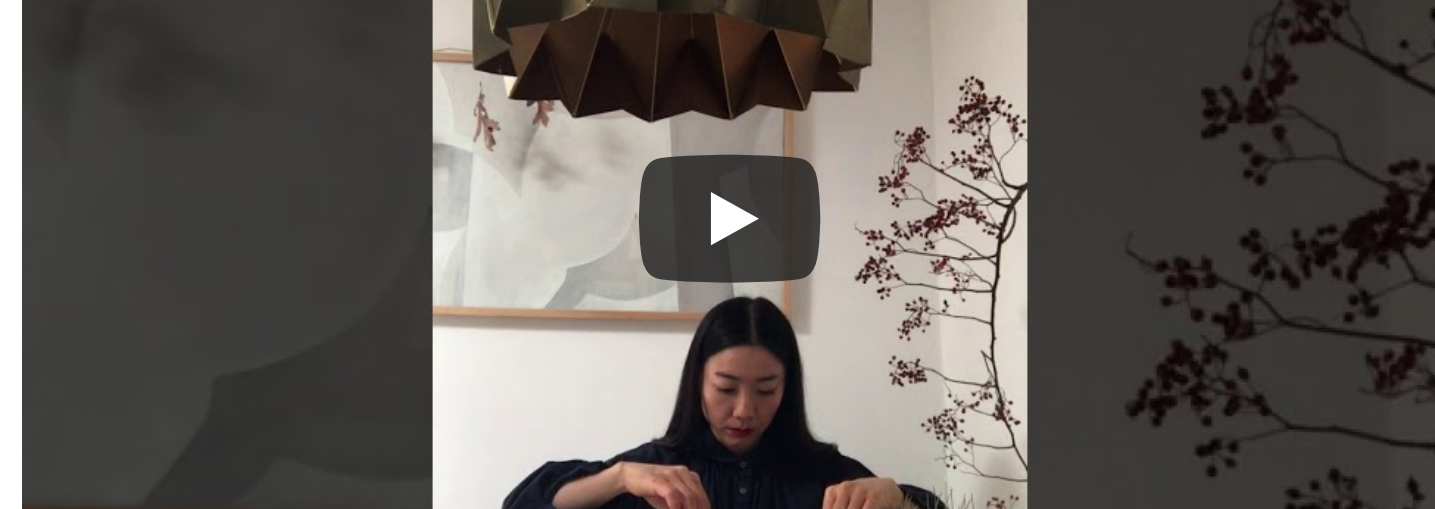
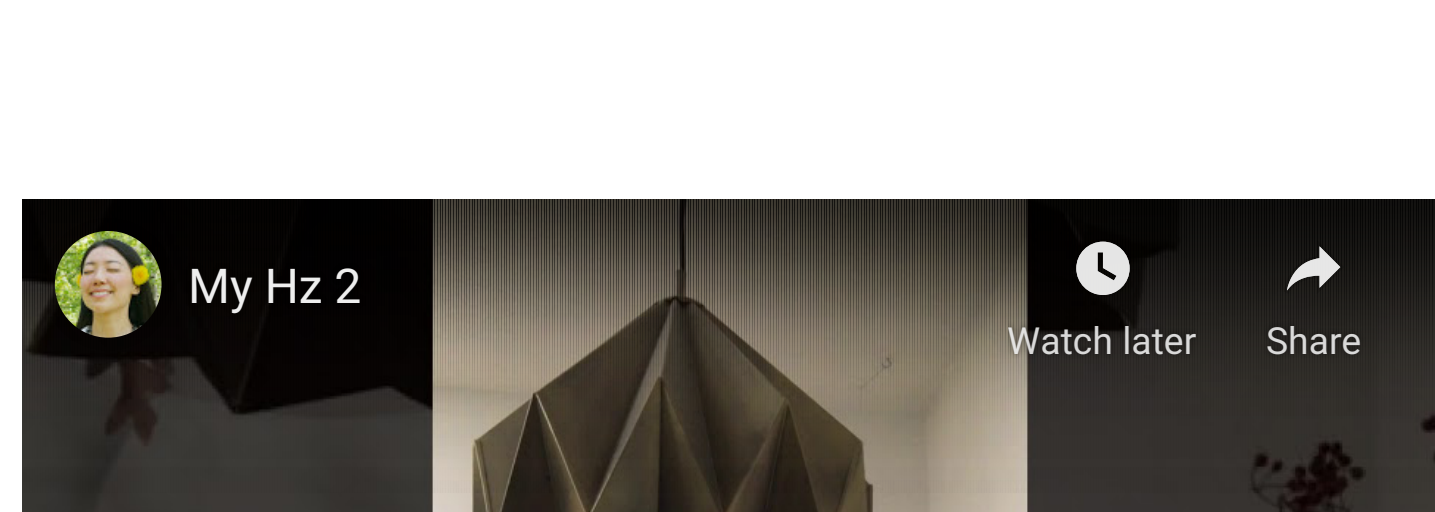
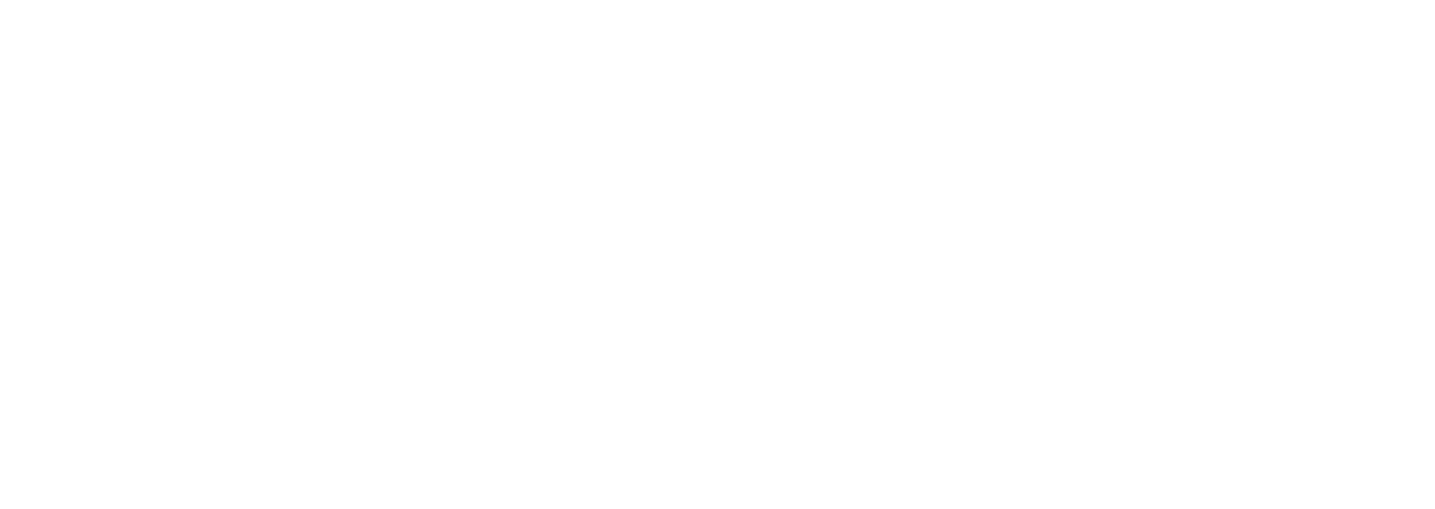
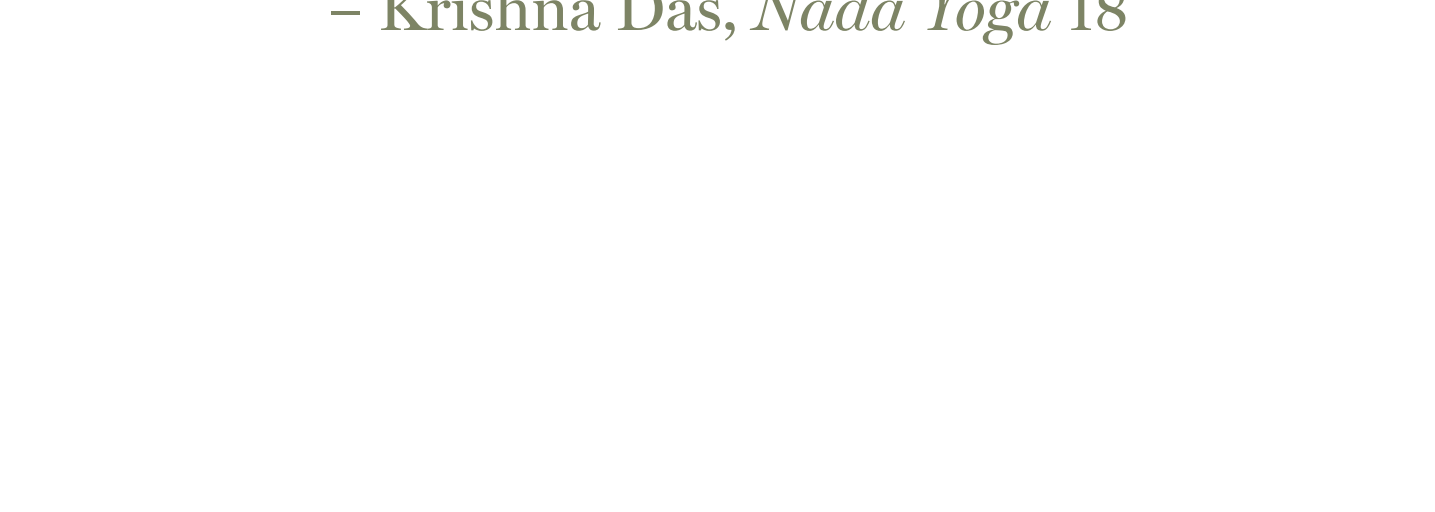
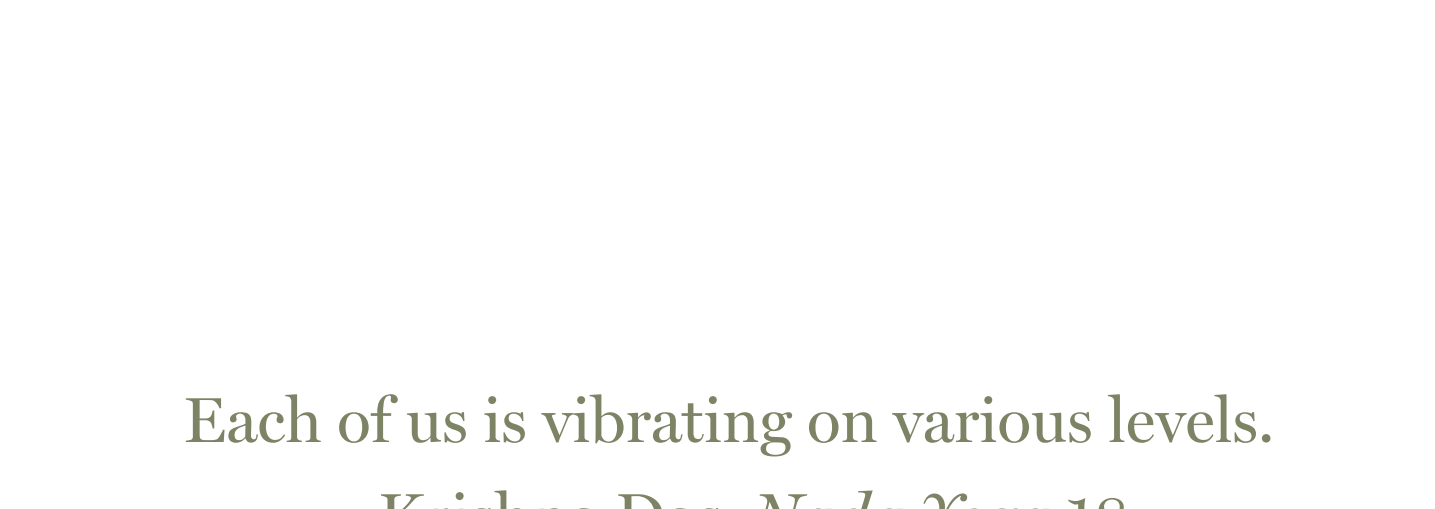
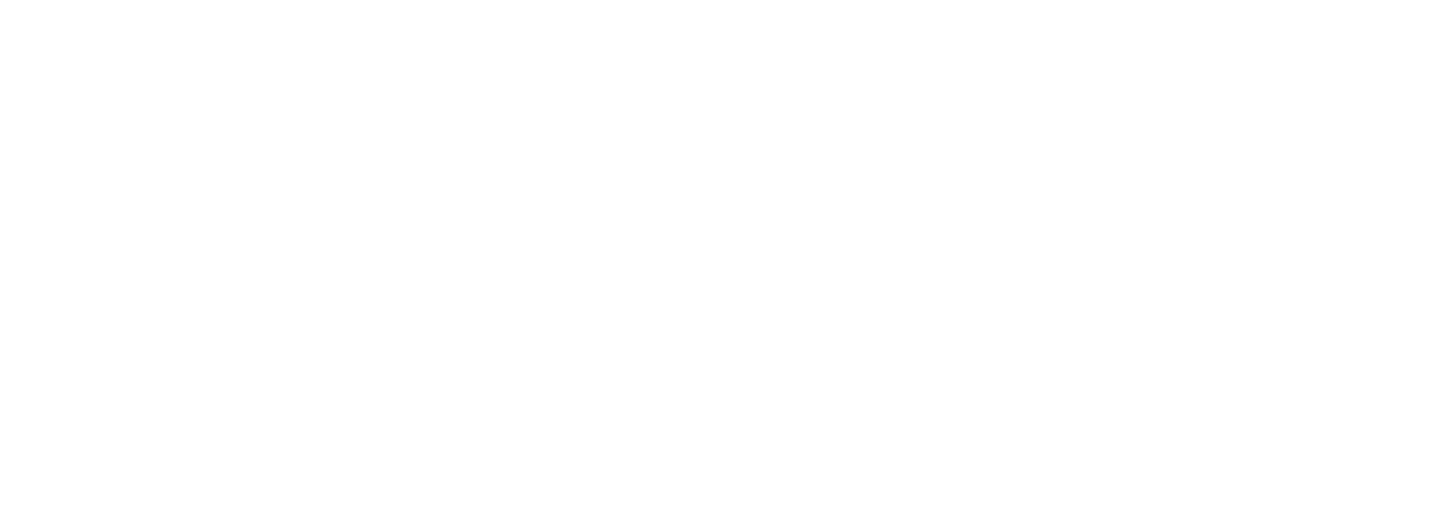
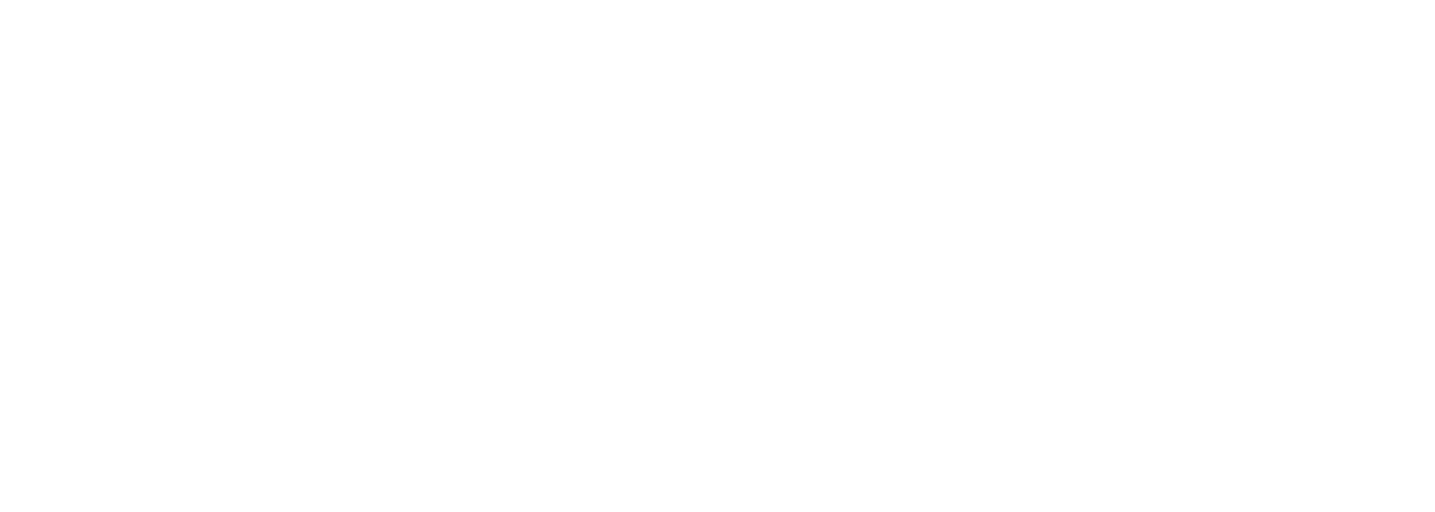
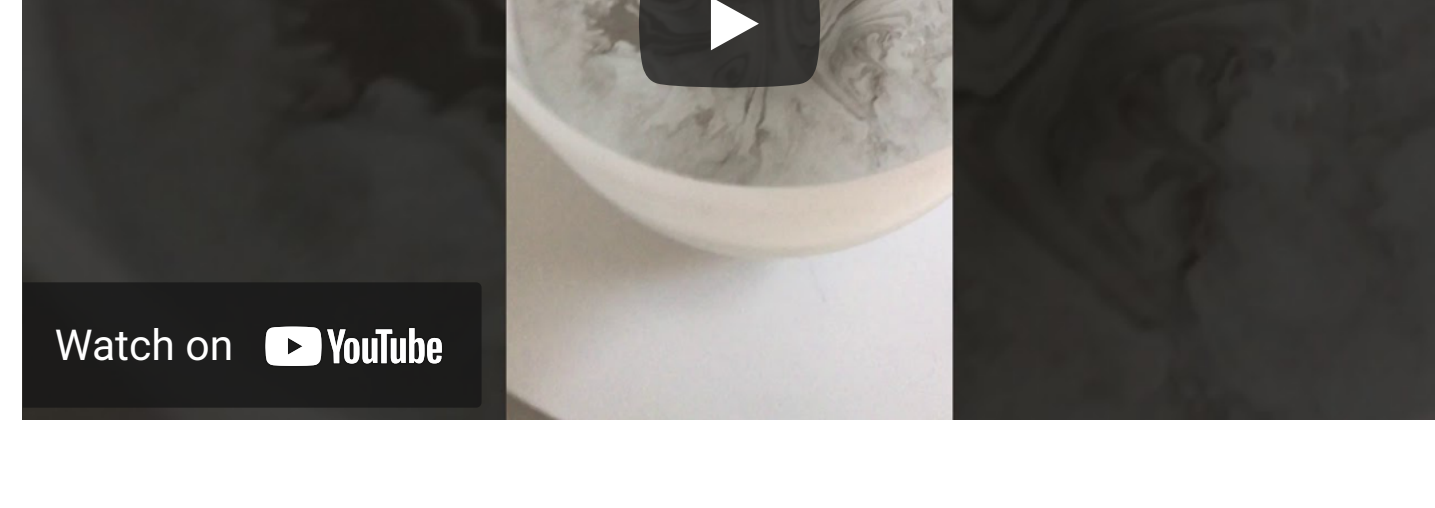
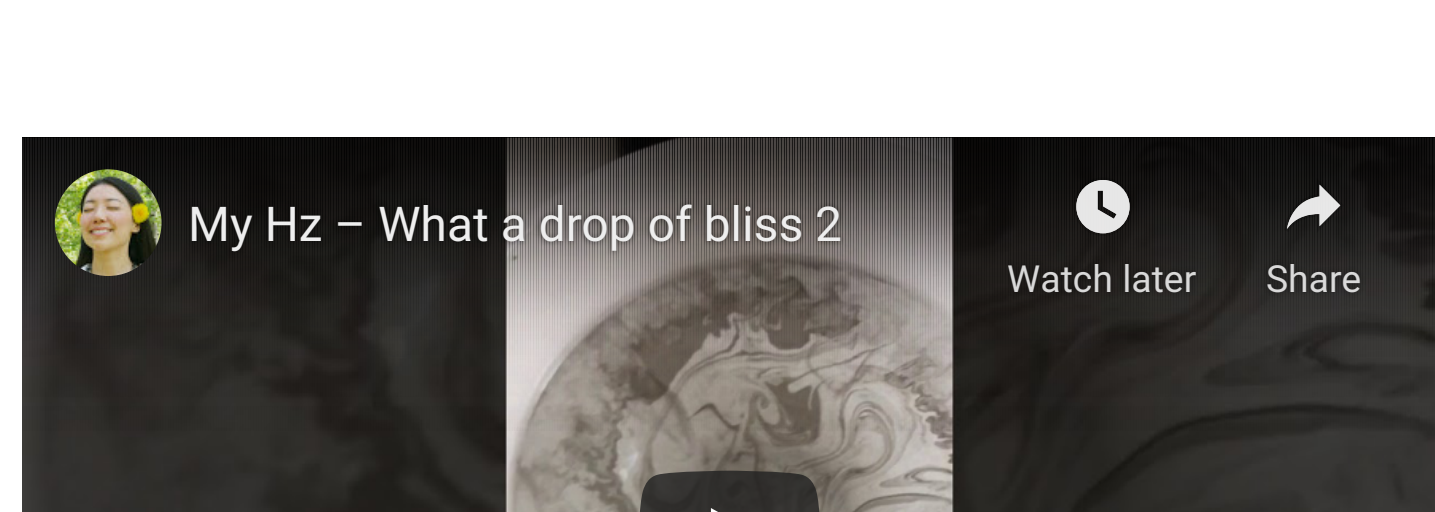
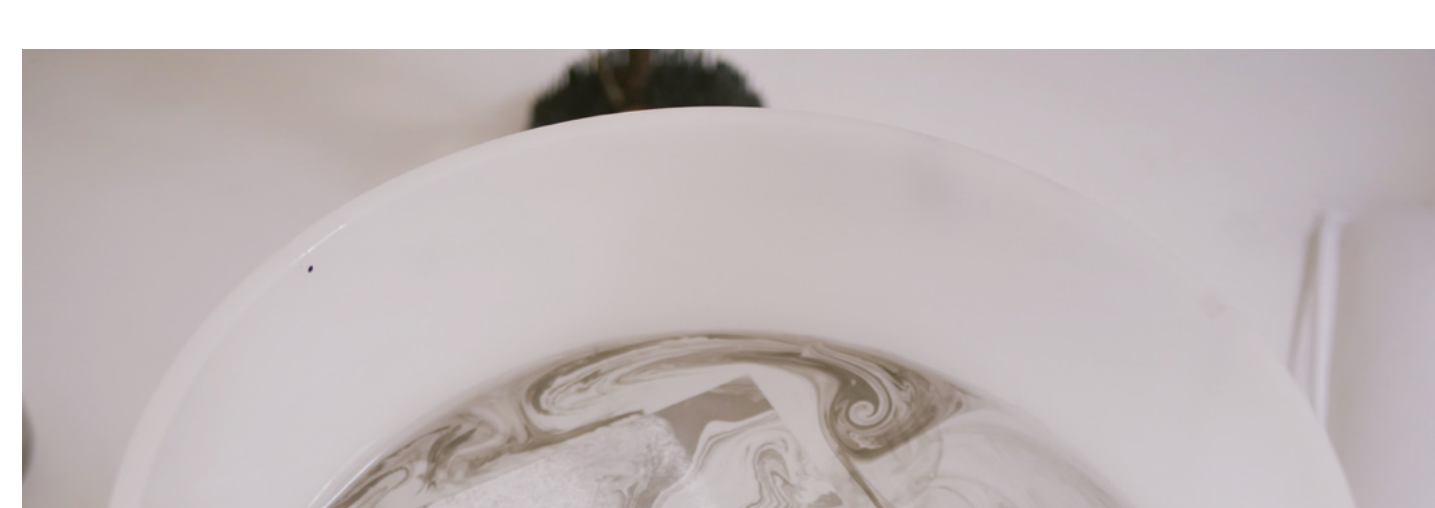
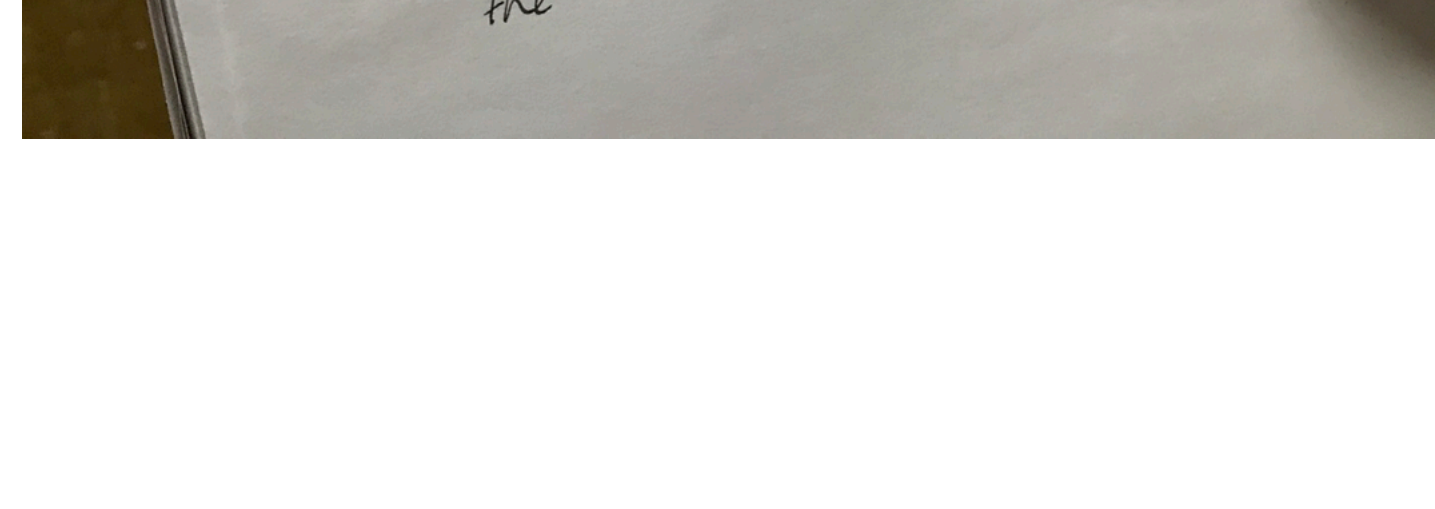
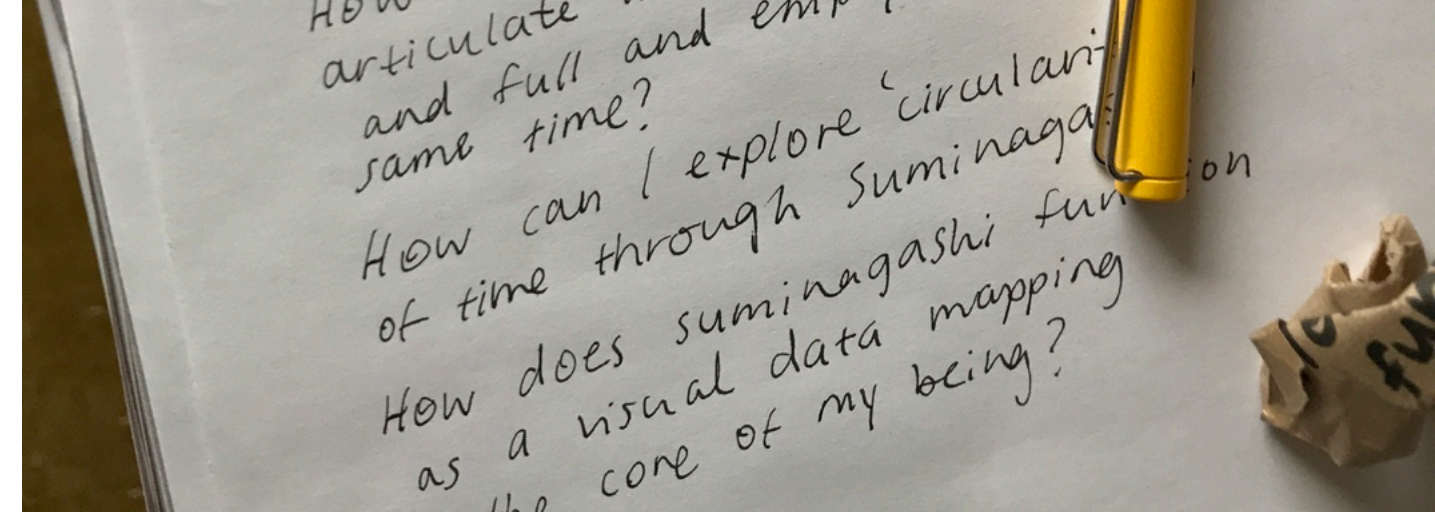
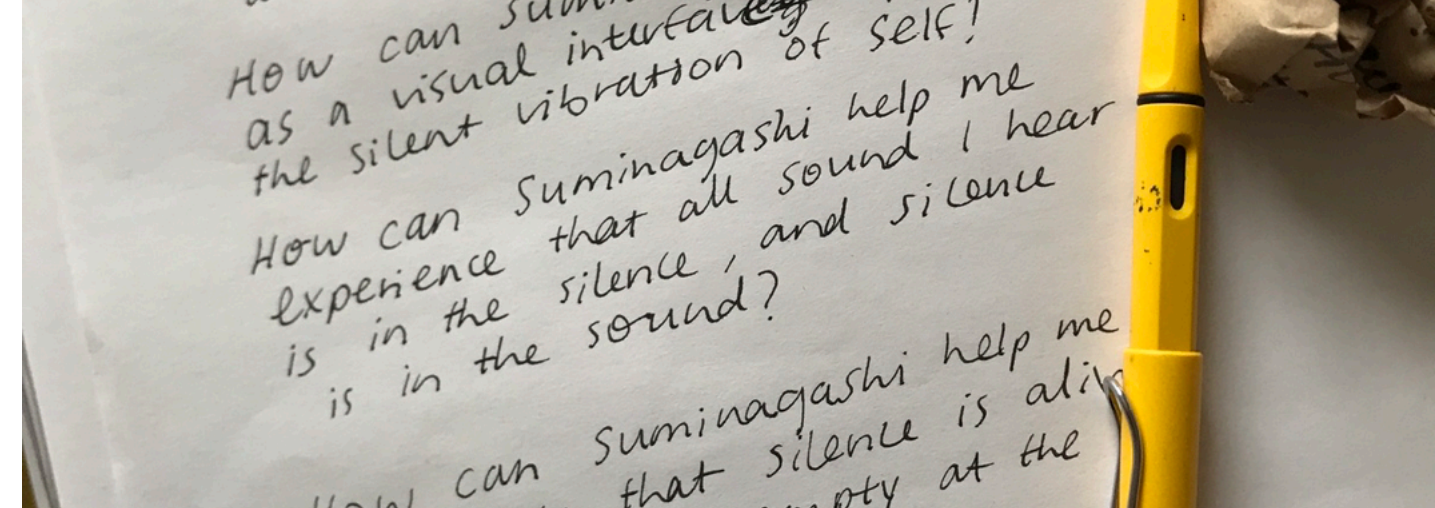
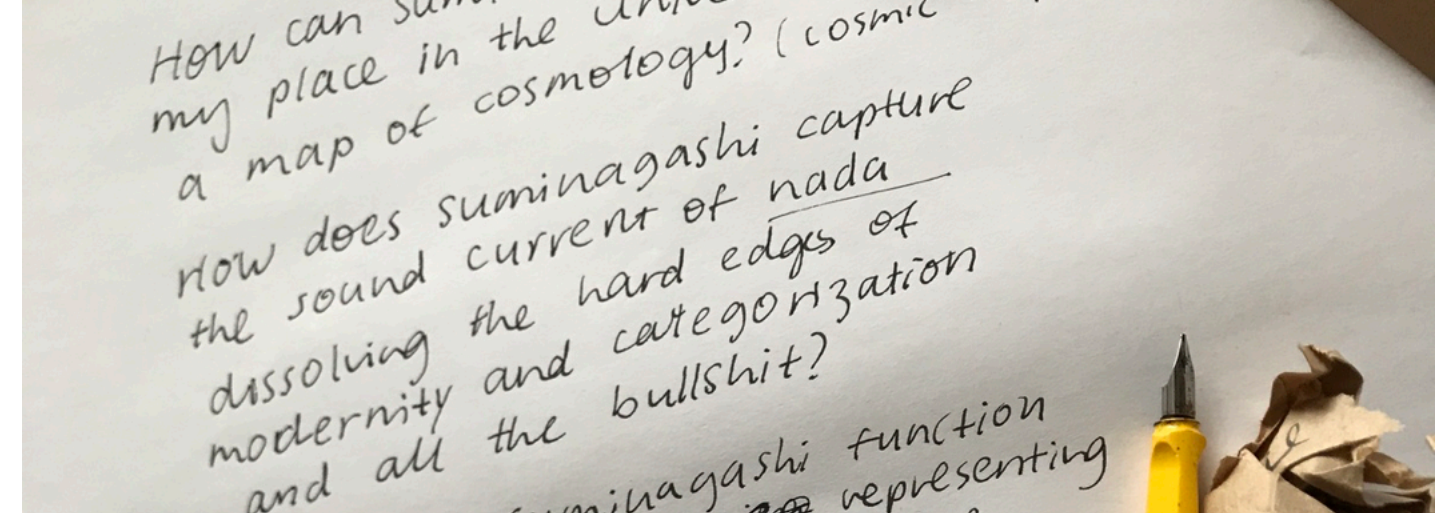
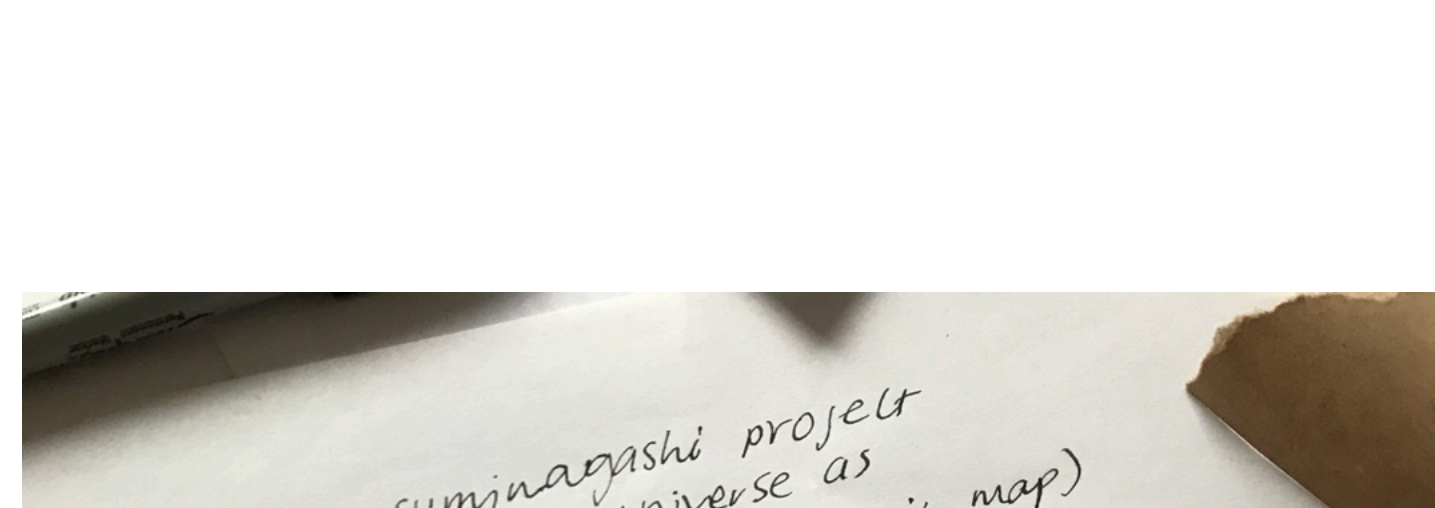
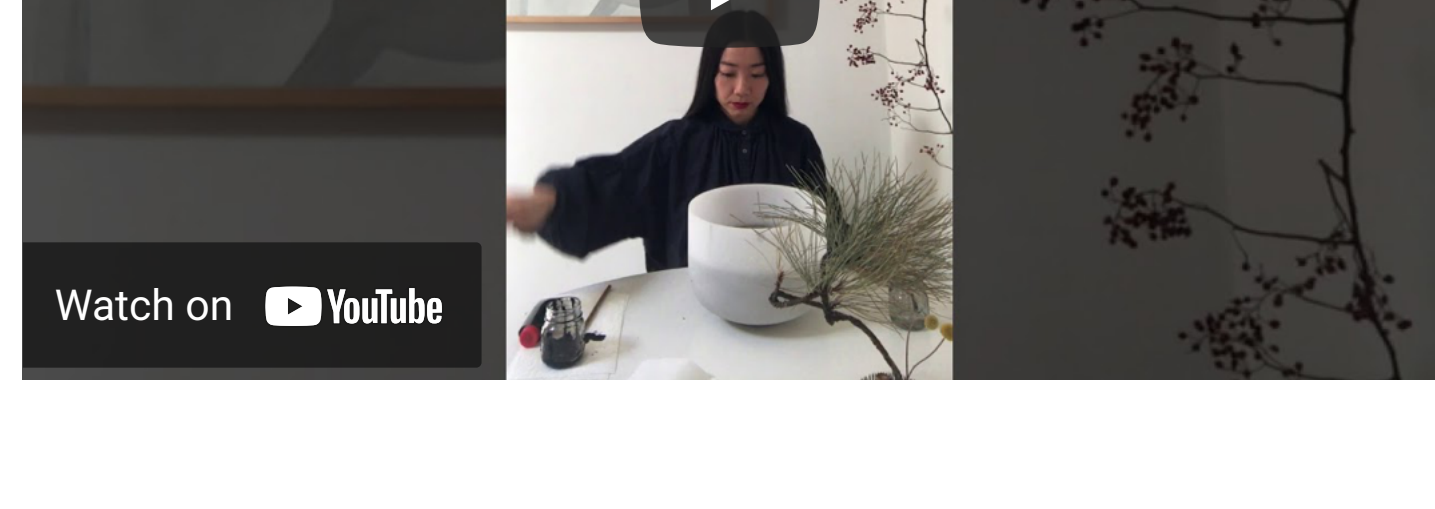
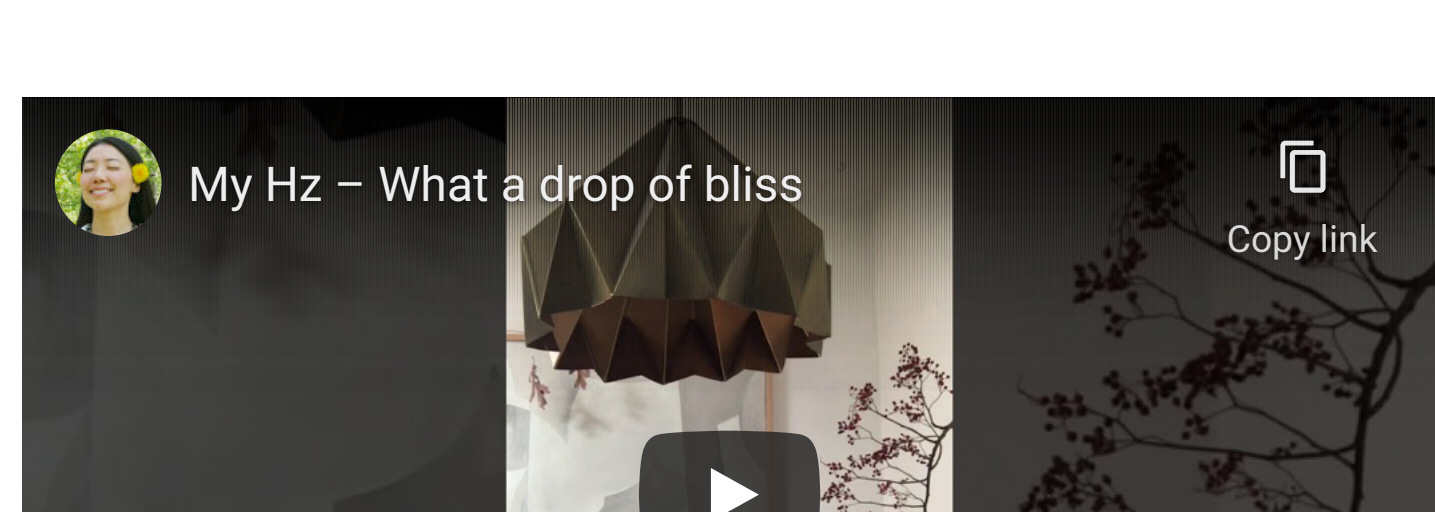
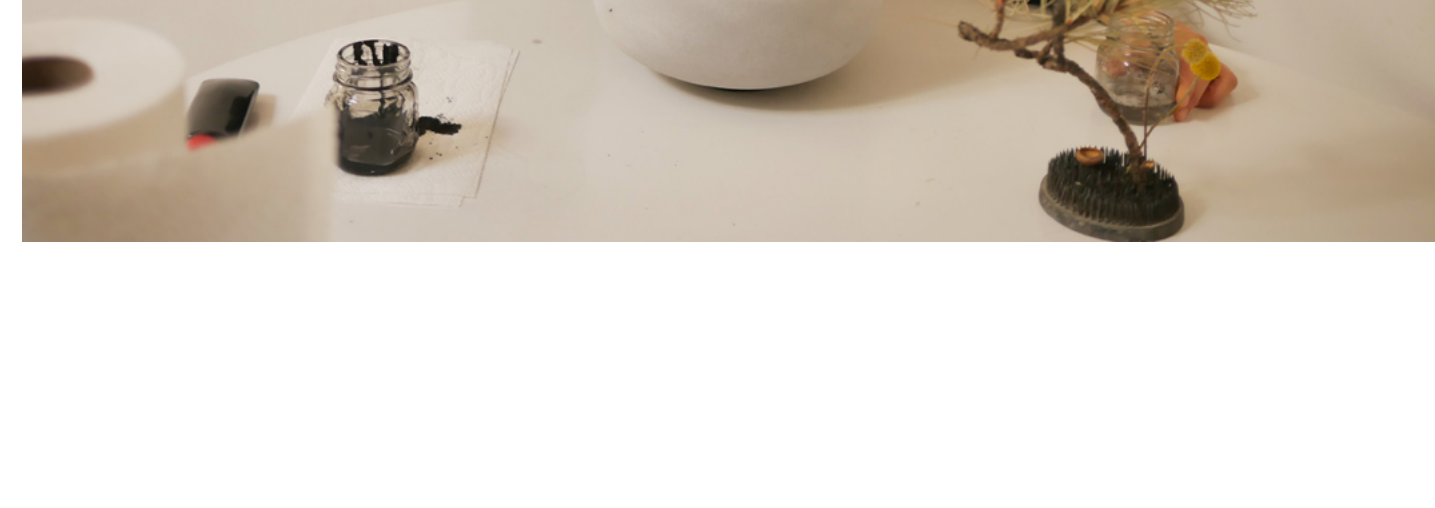
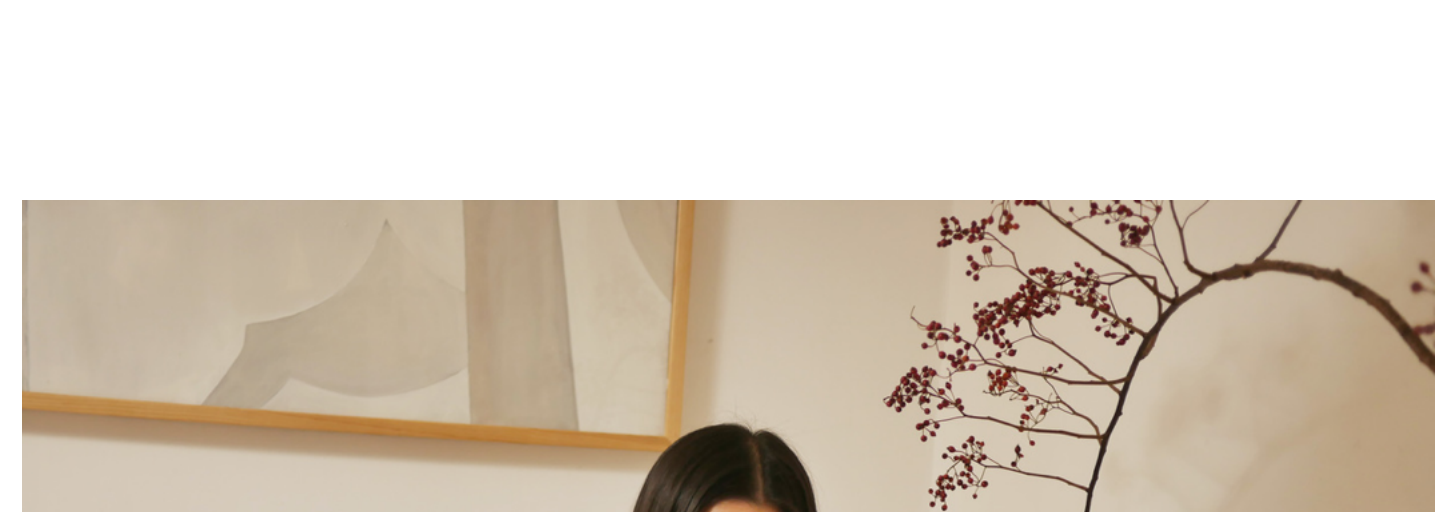
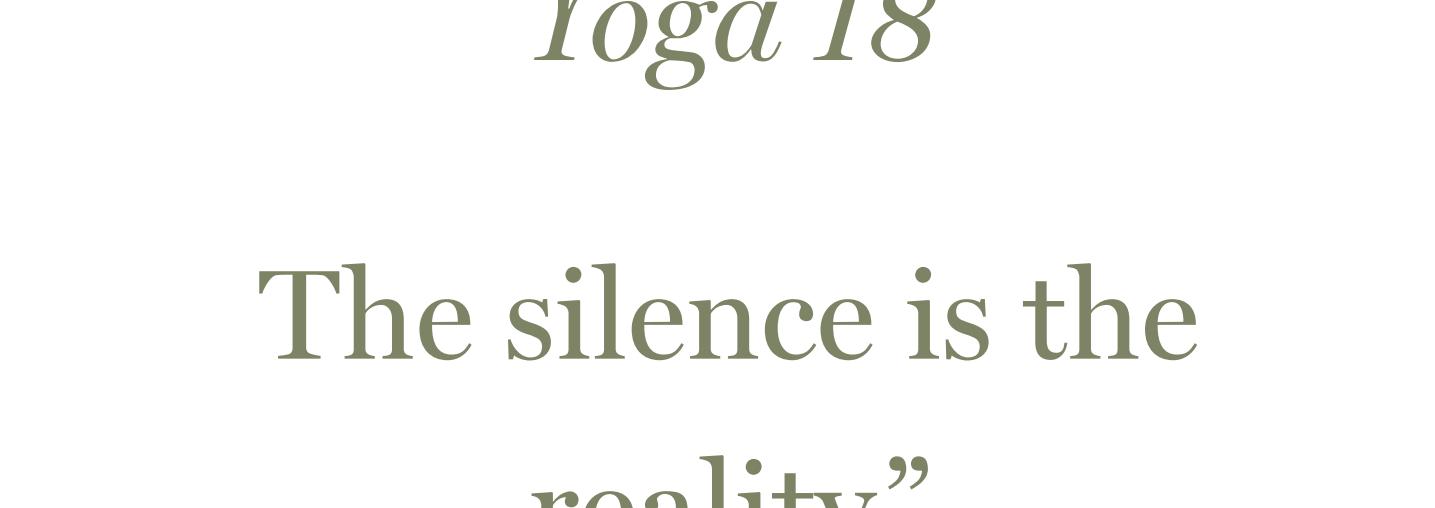
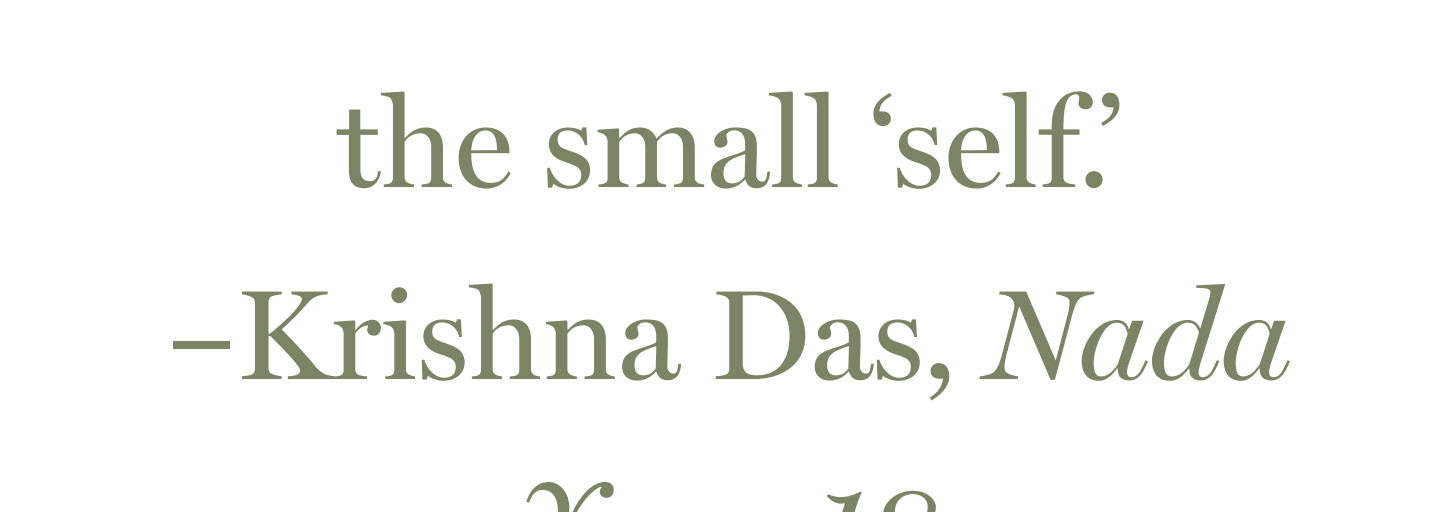
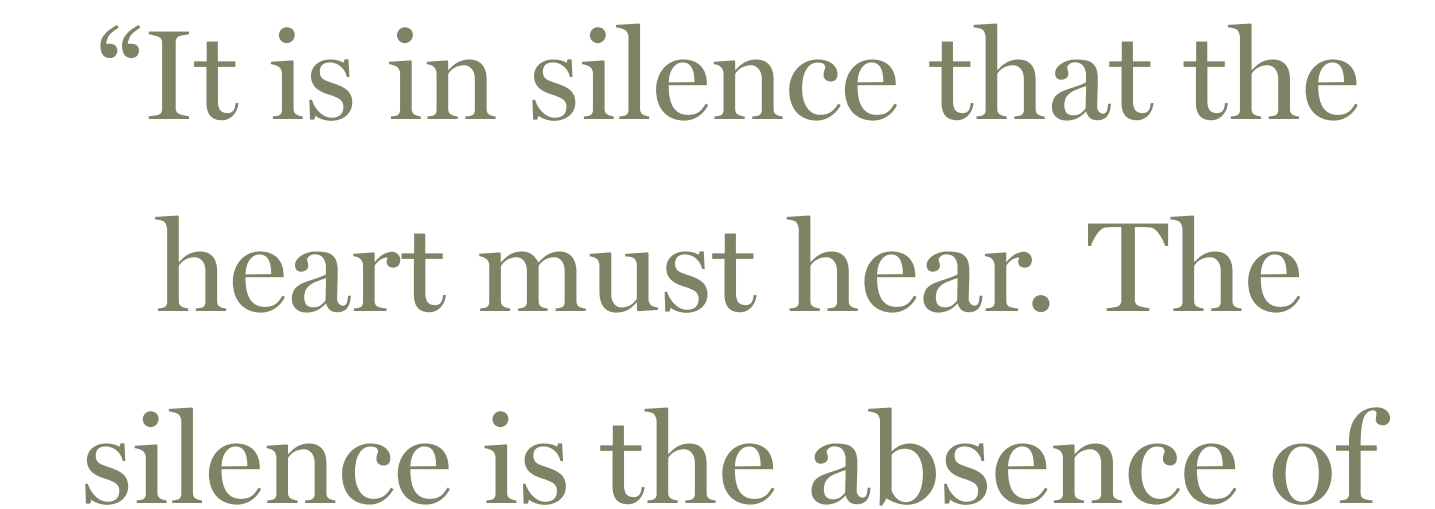
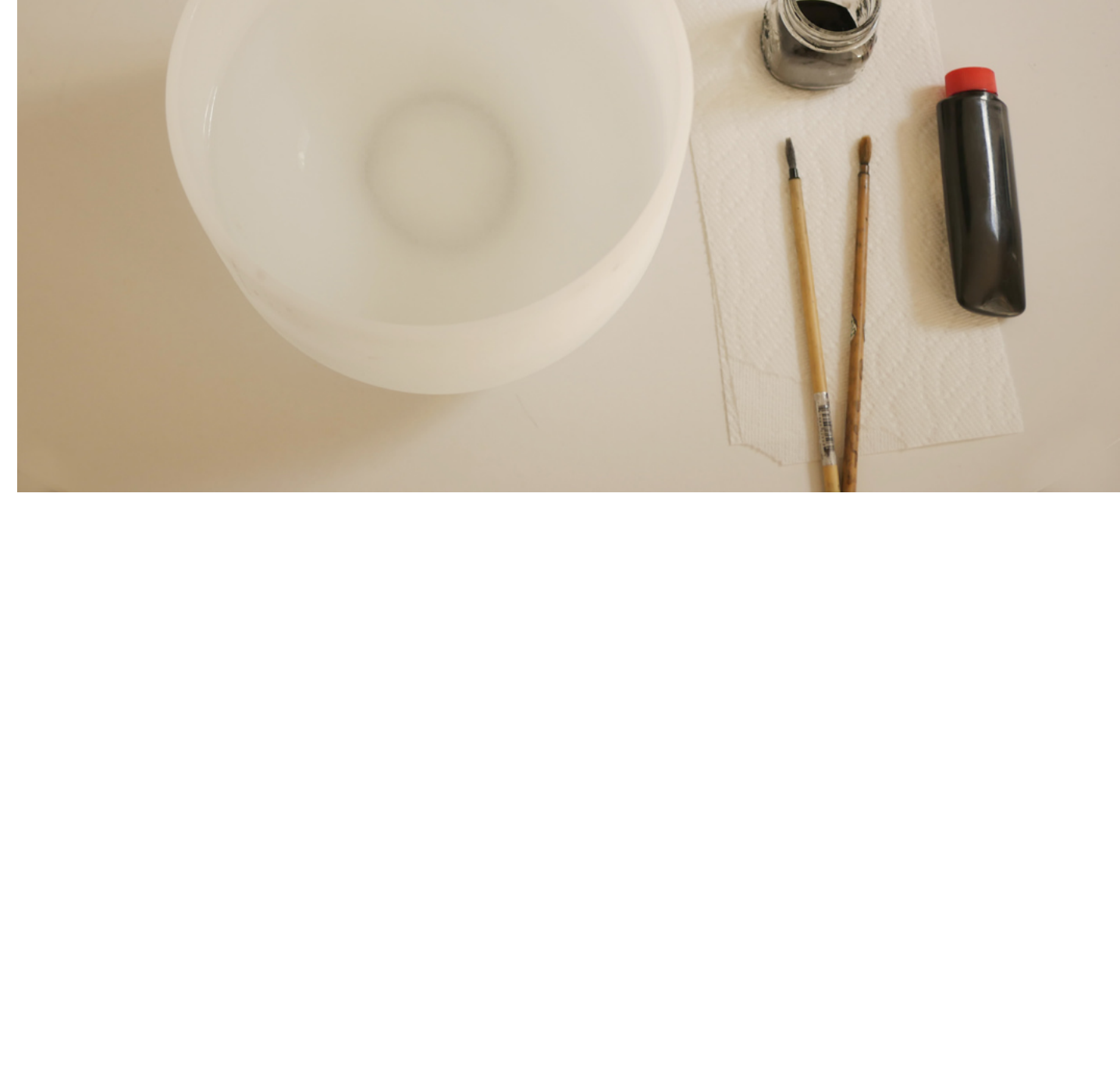
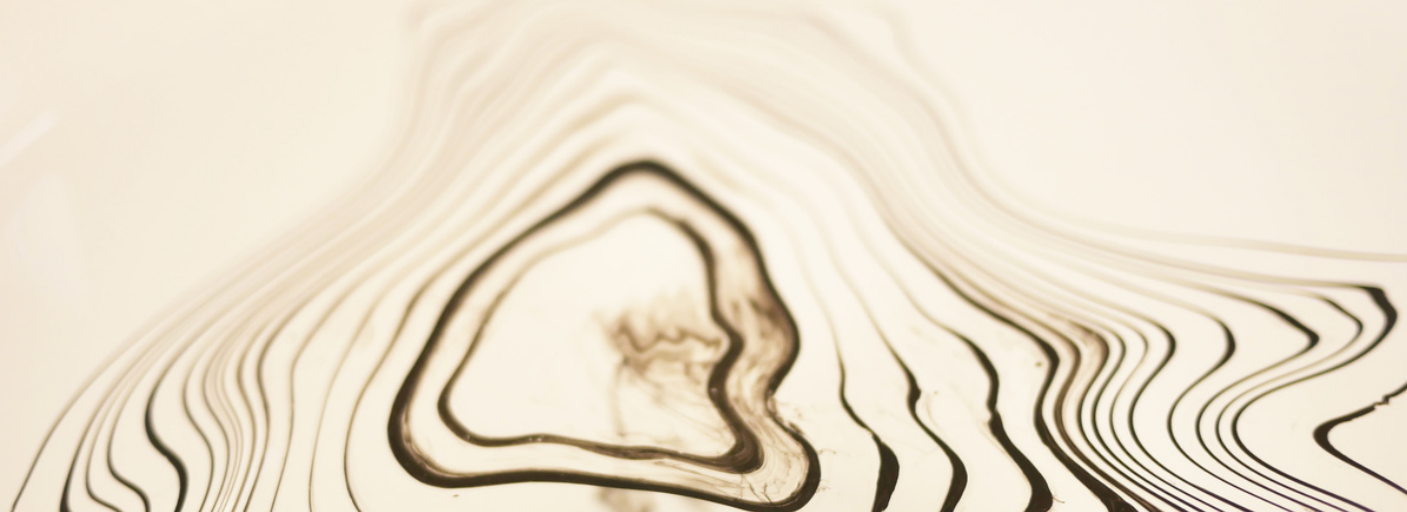
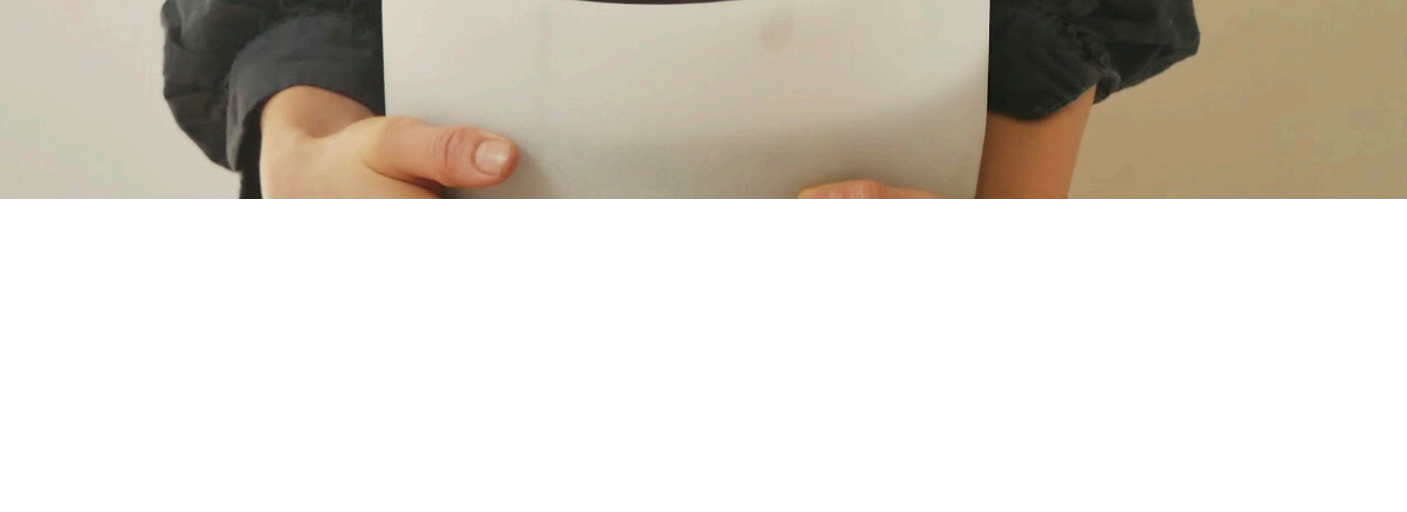
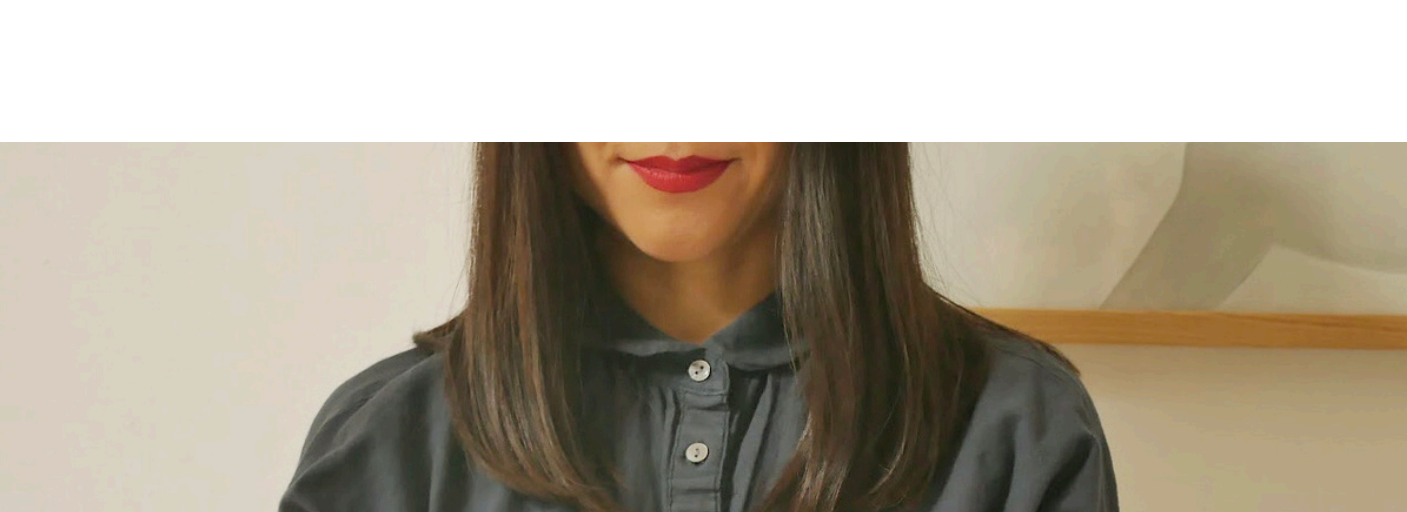
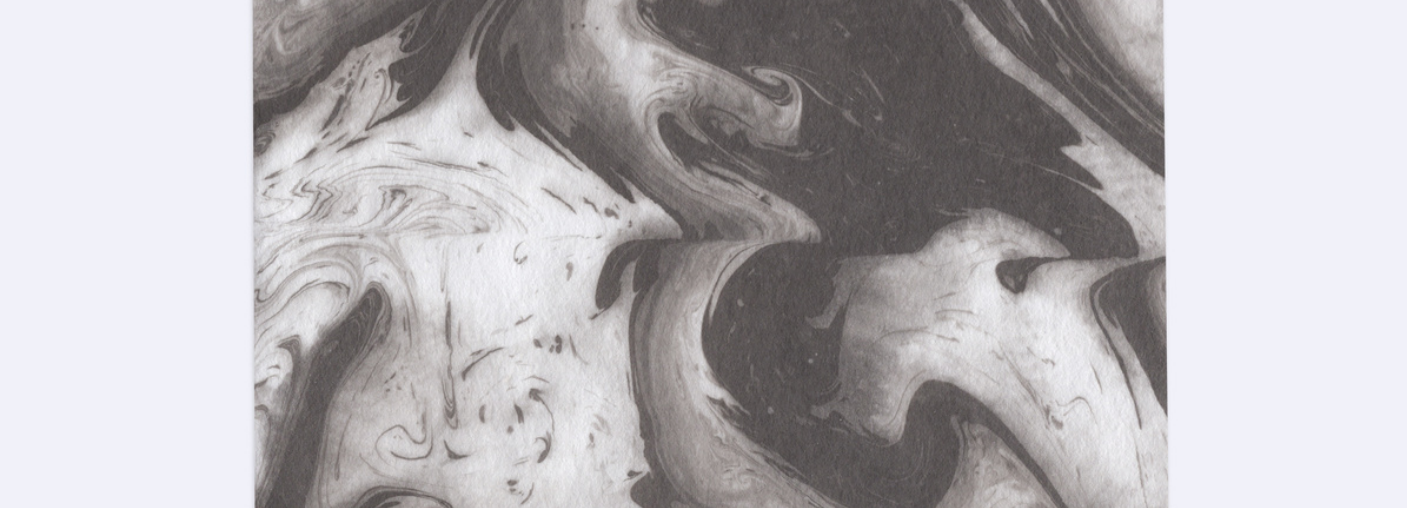
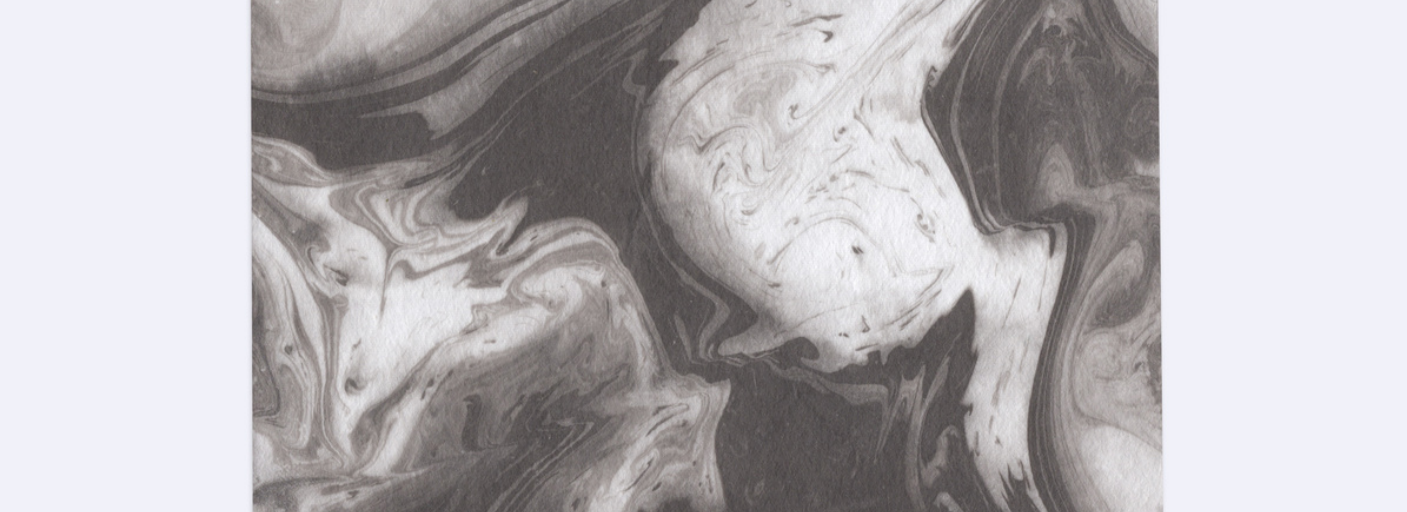
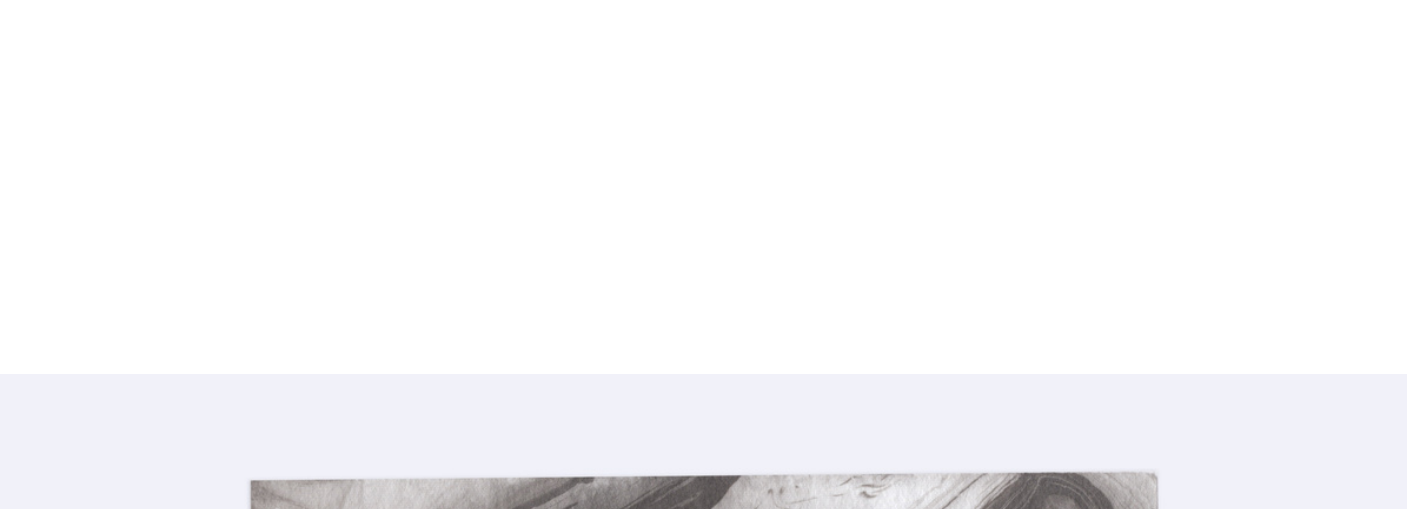
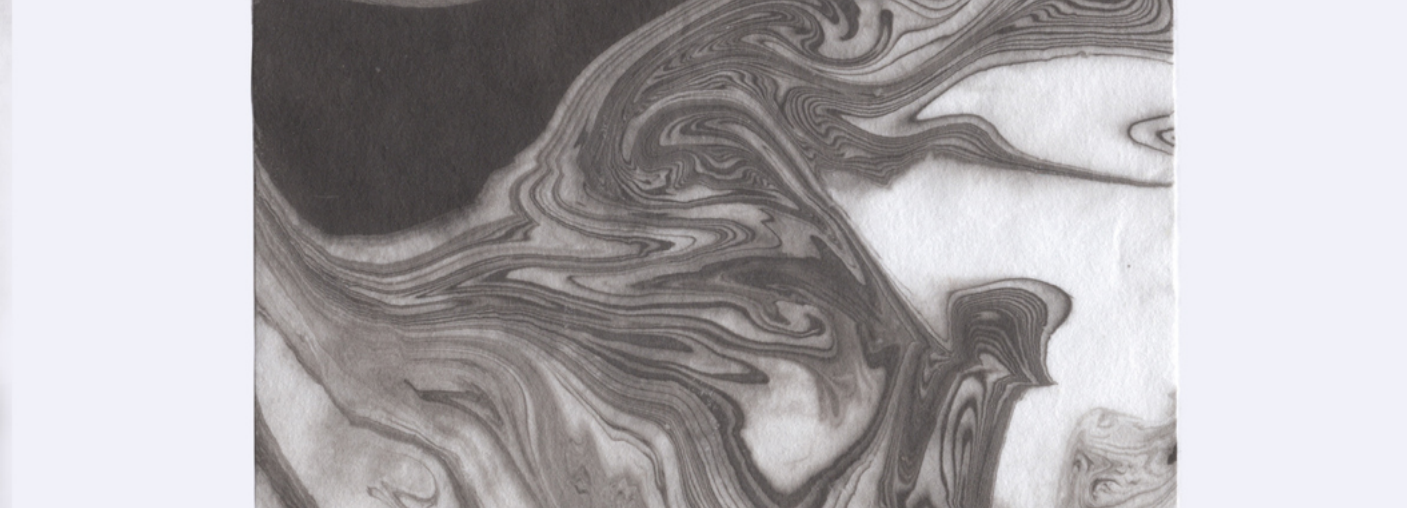
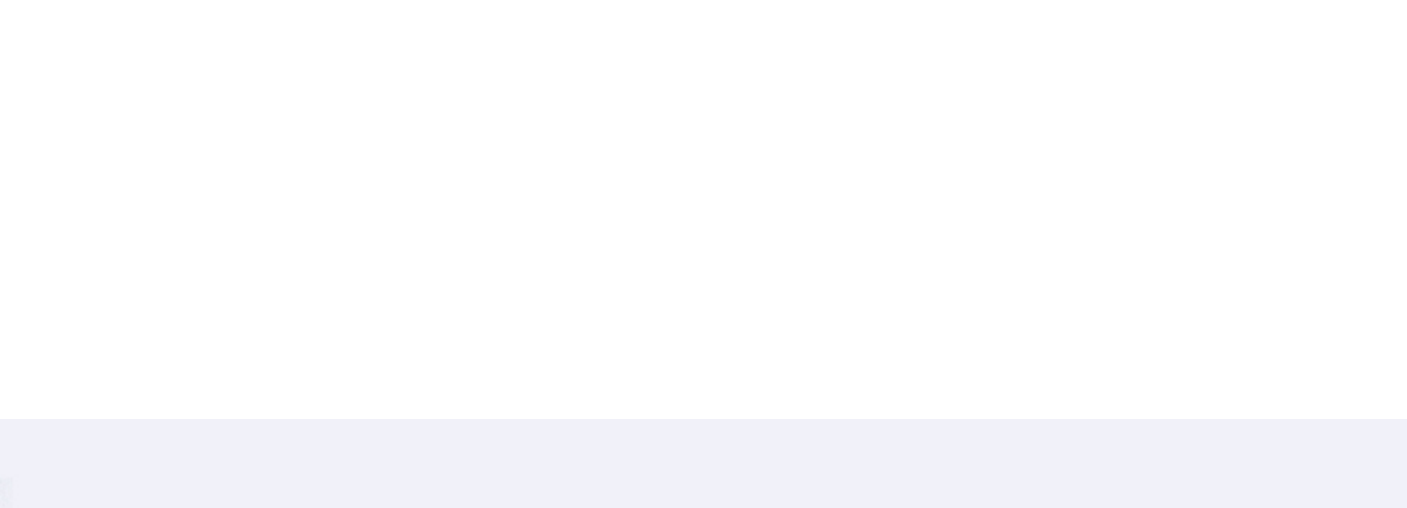
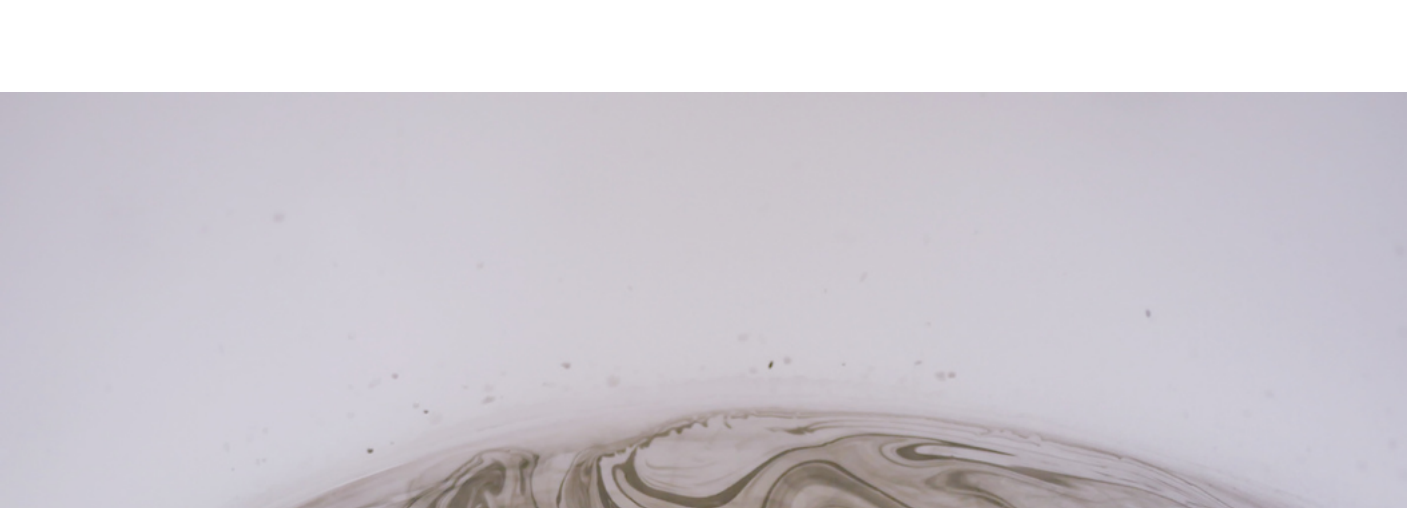
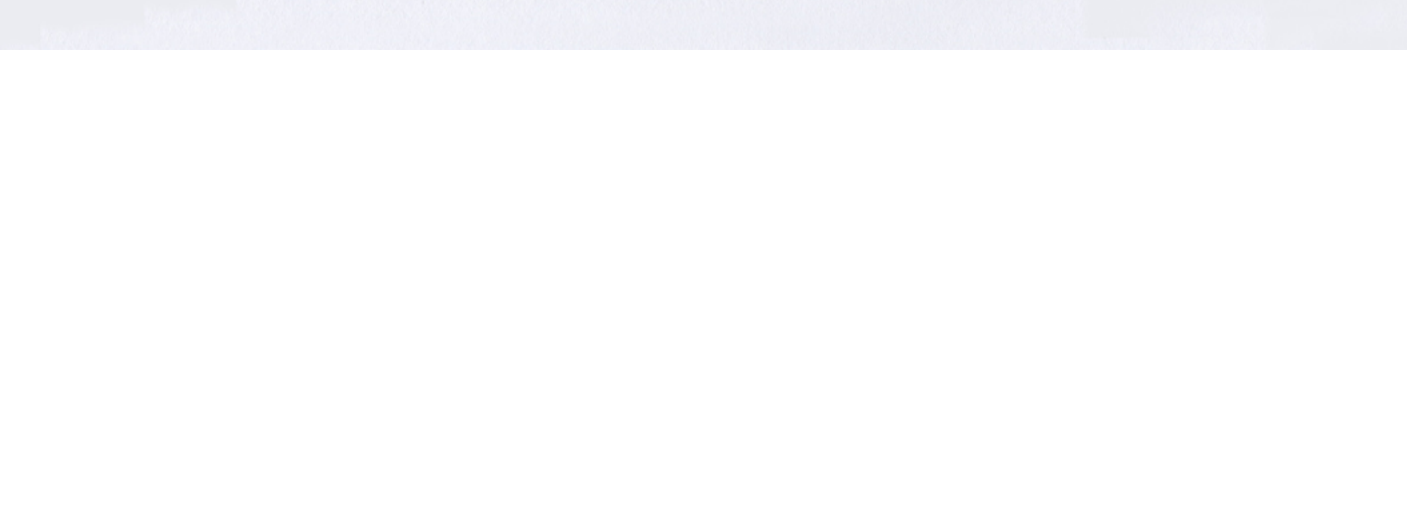
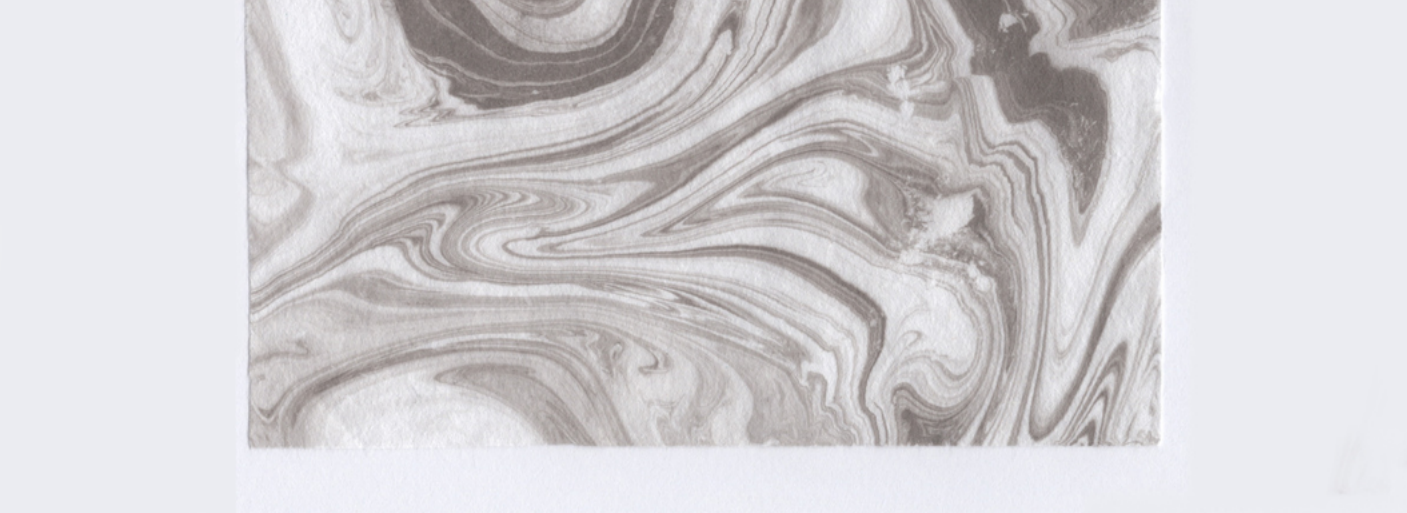
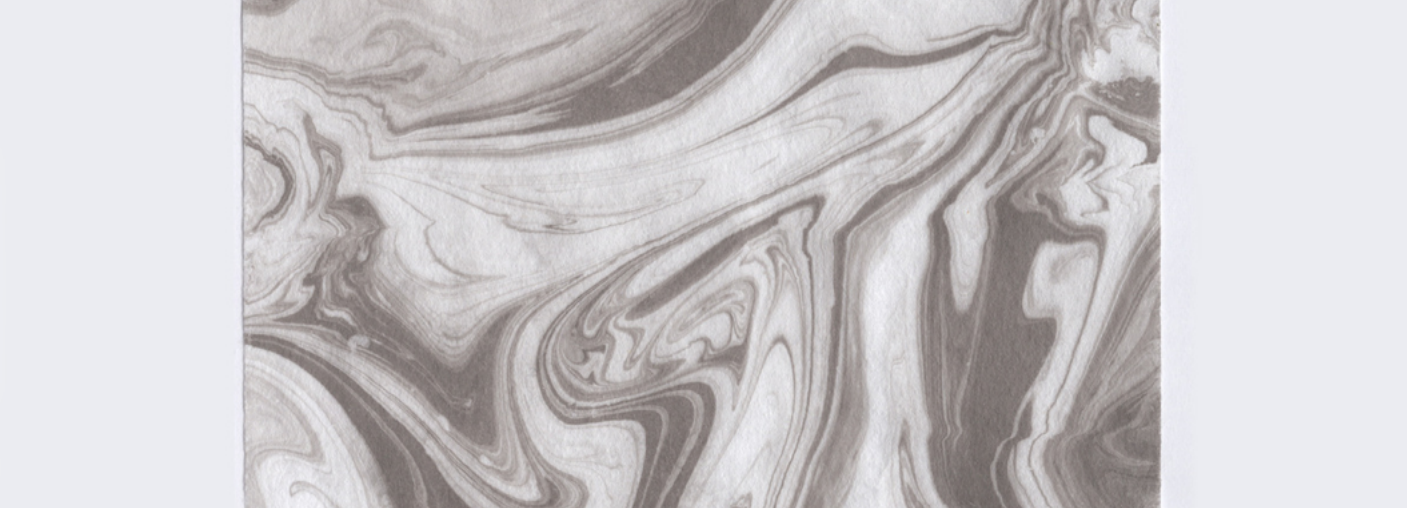
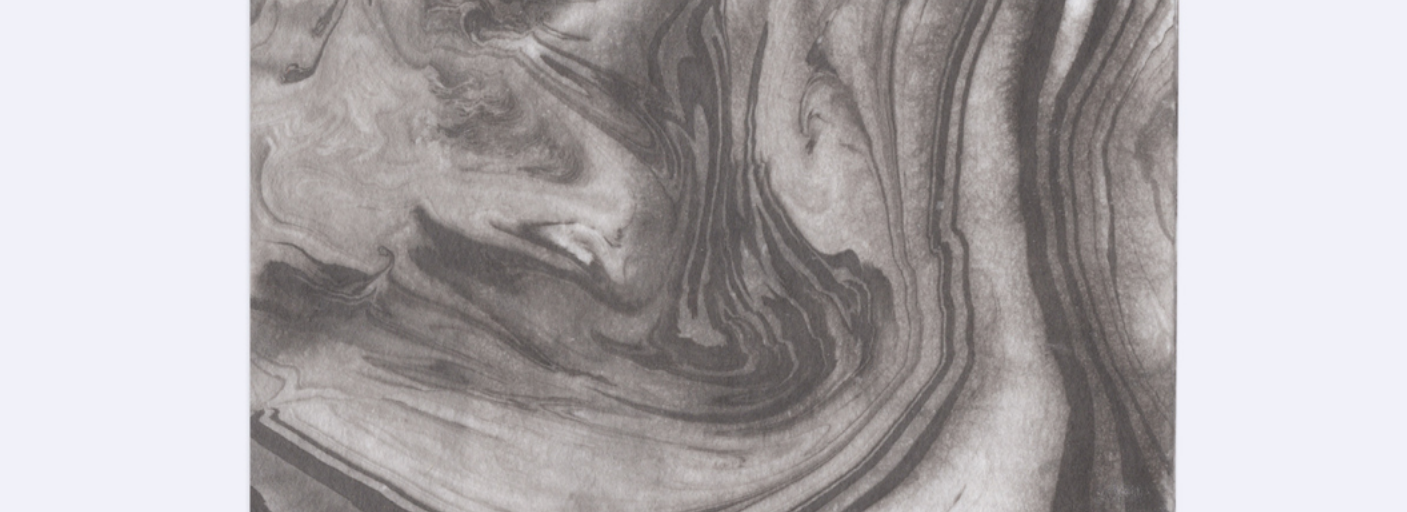
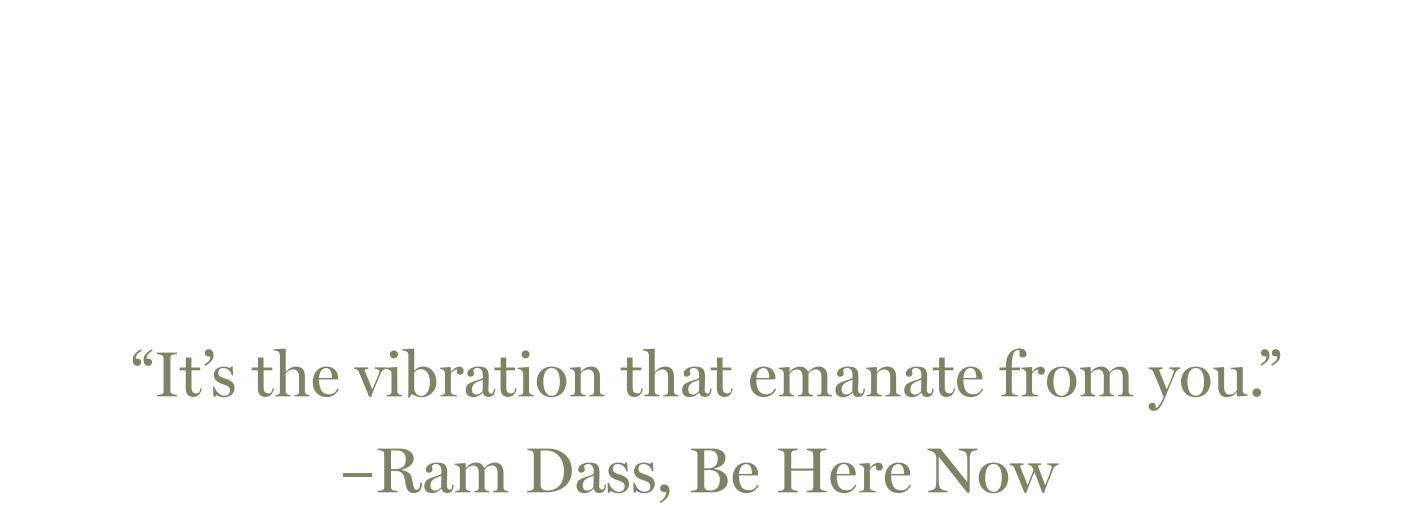
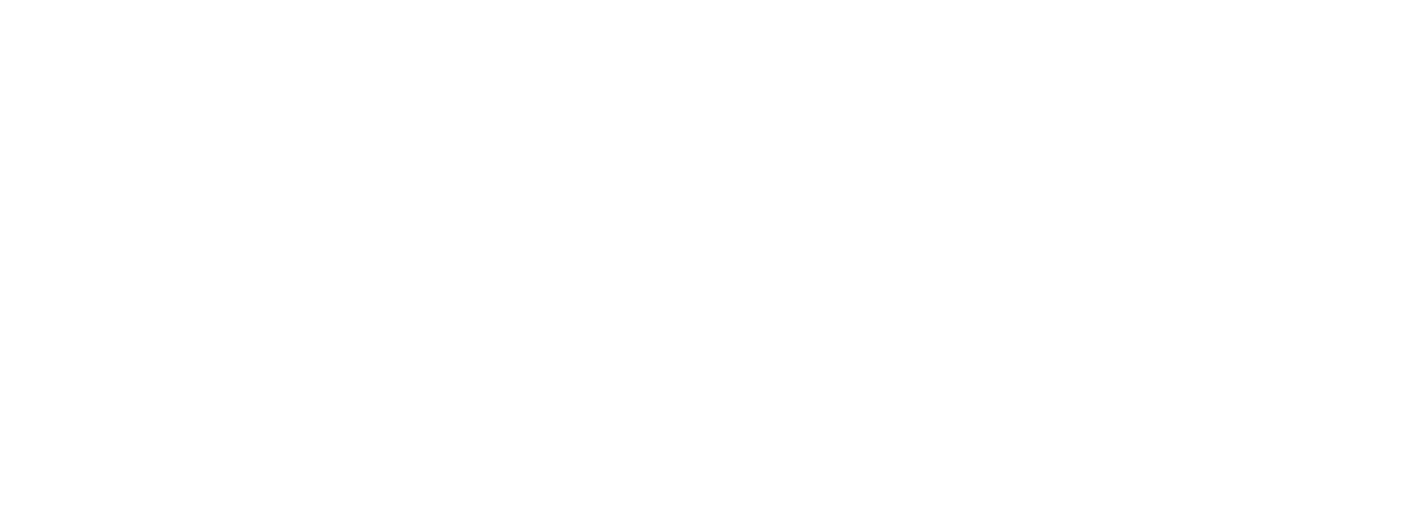
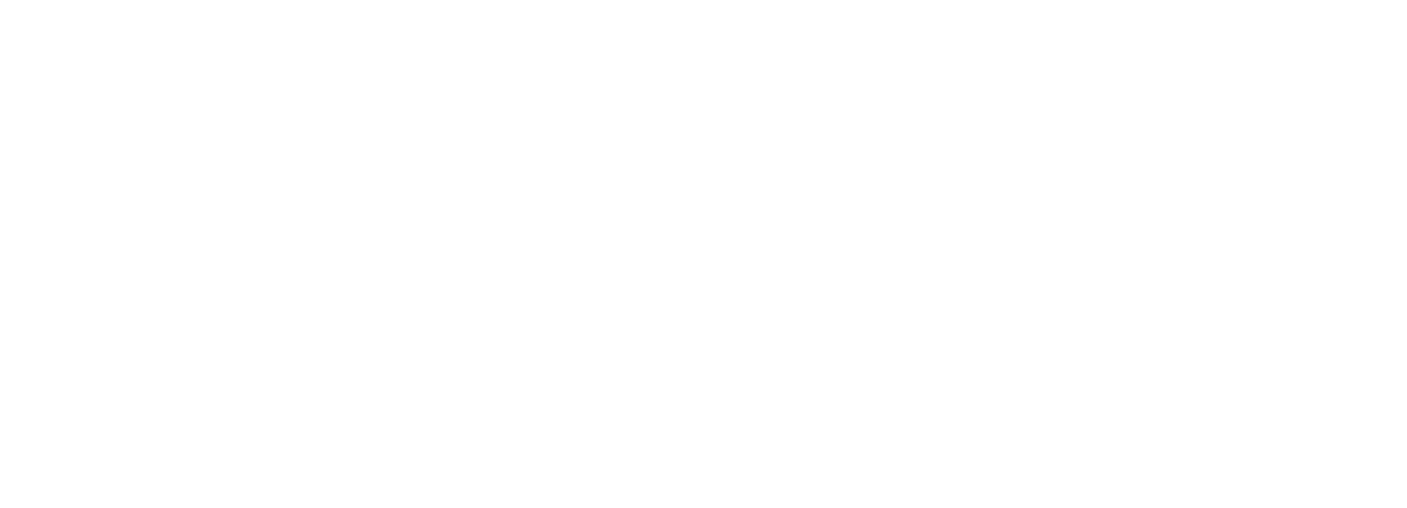


## *My Hz – what a drop of bliss* (2020)

I began experimenting with *Suminagashi* – Japanese marbling technique, in search of silent vibration as my essence *being*. The project *My Hz – what a drop of bliss* employs a crystal singing bowl containing water and Japanese Sumi ink. The singing bowl often used in mindfulness and meditation classes, the primordial vibration frequency produced by a singing bowl is known to soothe our nervous system. The bowl is hit and the increased vibration is transmitted through the surface of the water. The darkness of ink against white allows me to see that vibration enters my perception visually. The work becomes a visual interface, a record of this brief fluid momentum between nothingness and ‘becoming,’ – showing my place in the universe as a cosmic map.

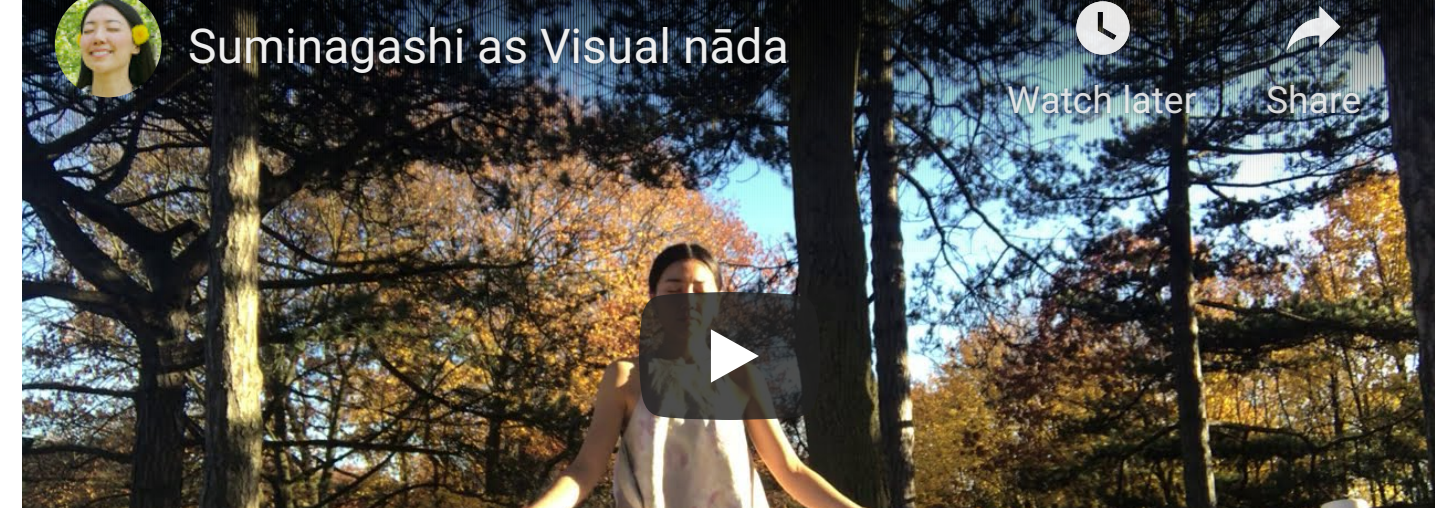
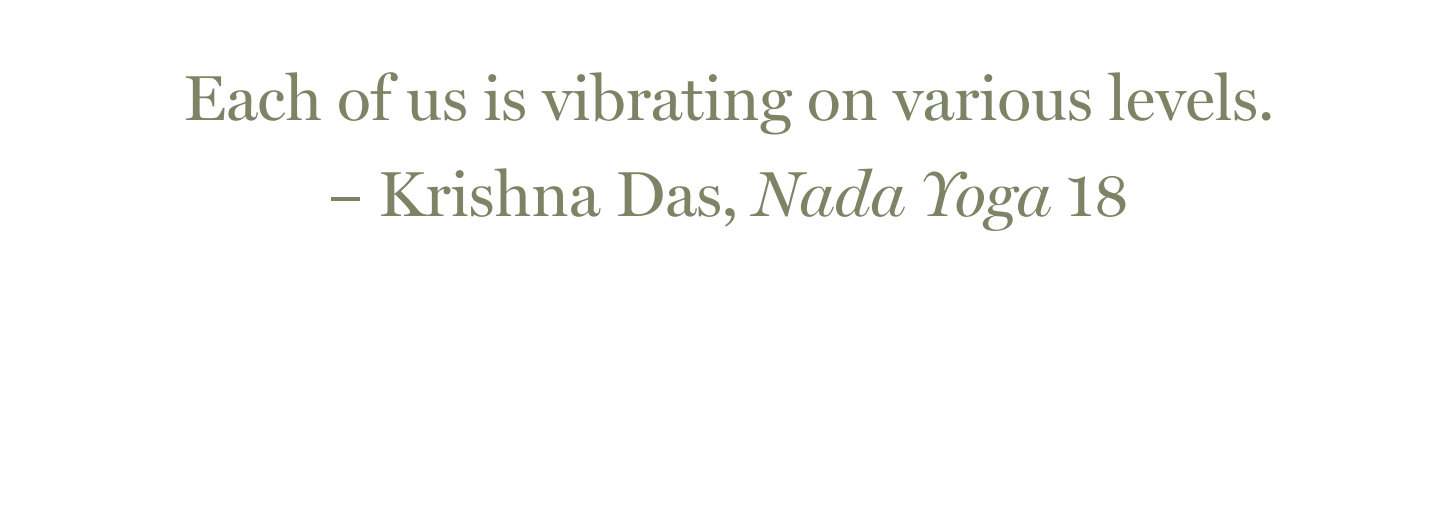
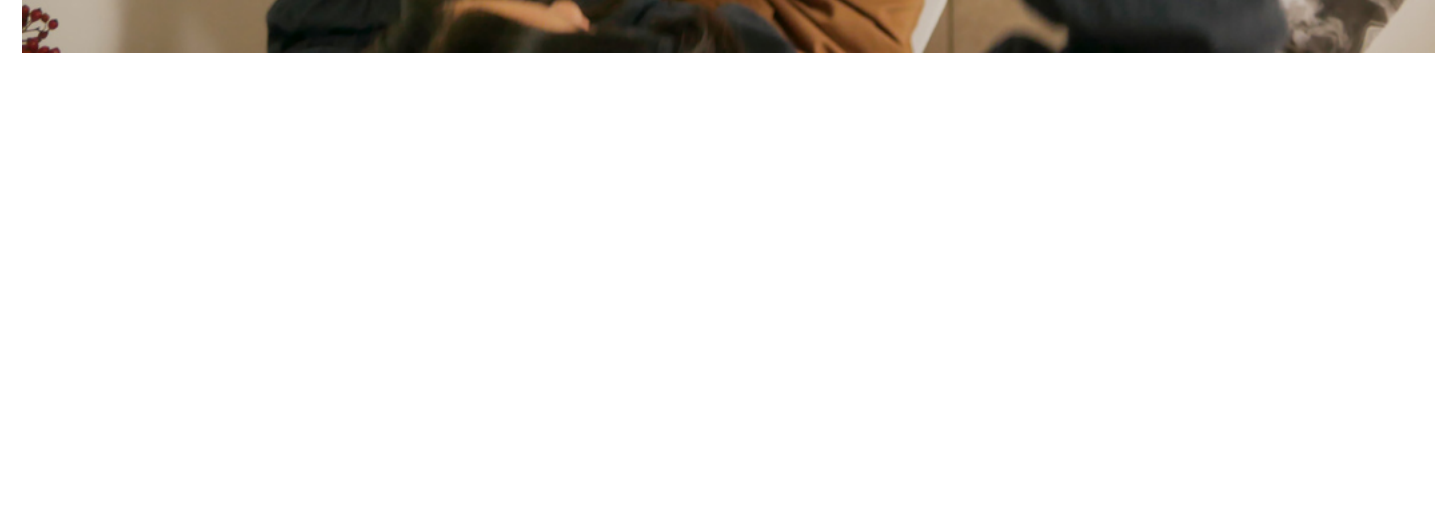
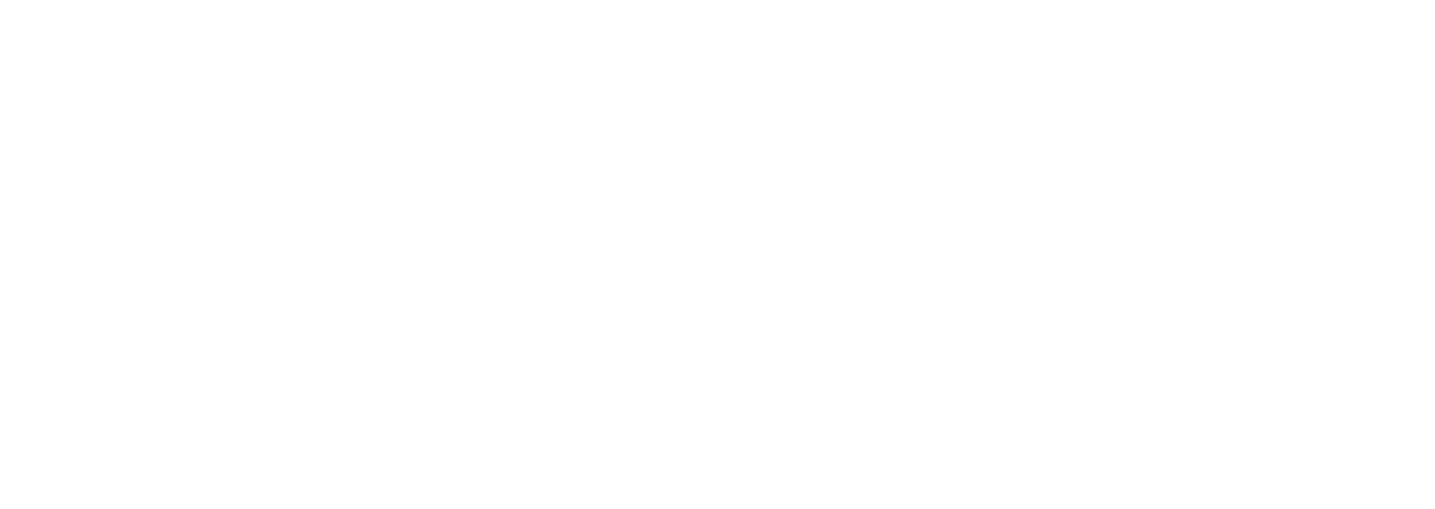
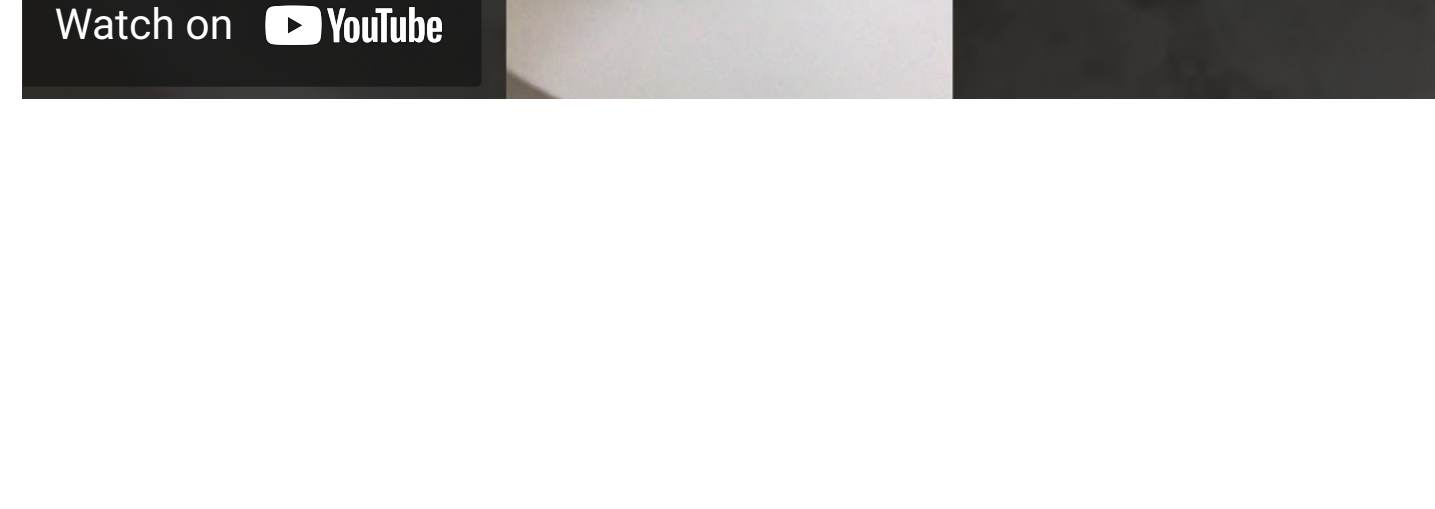
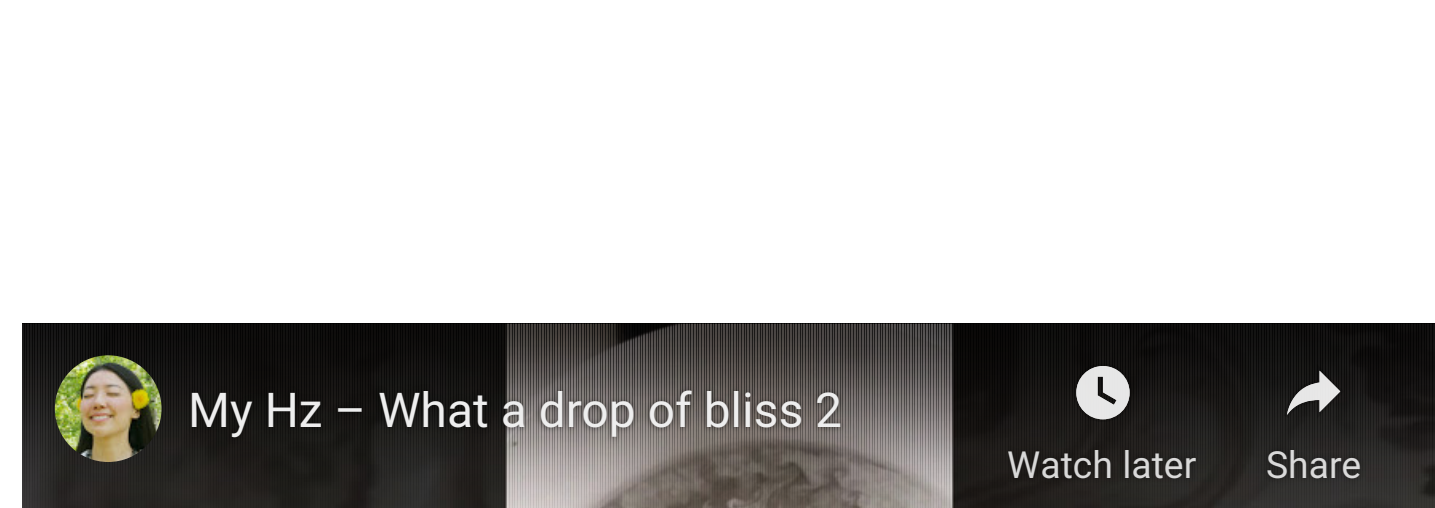
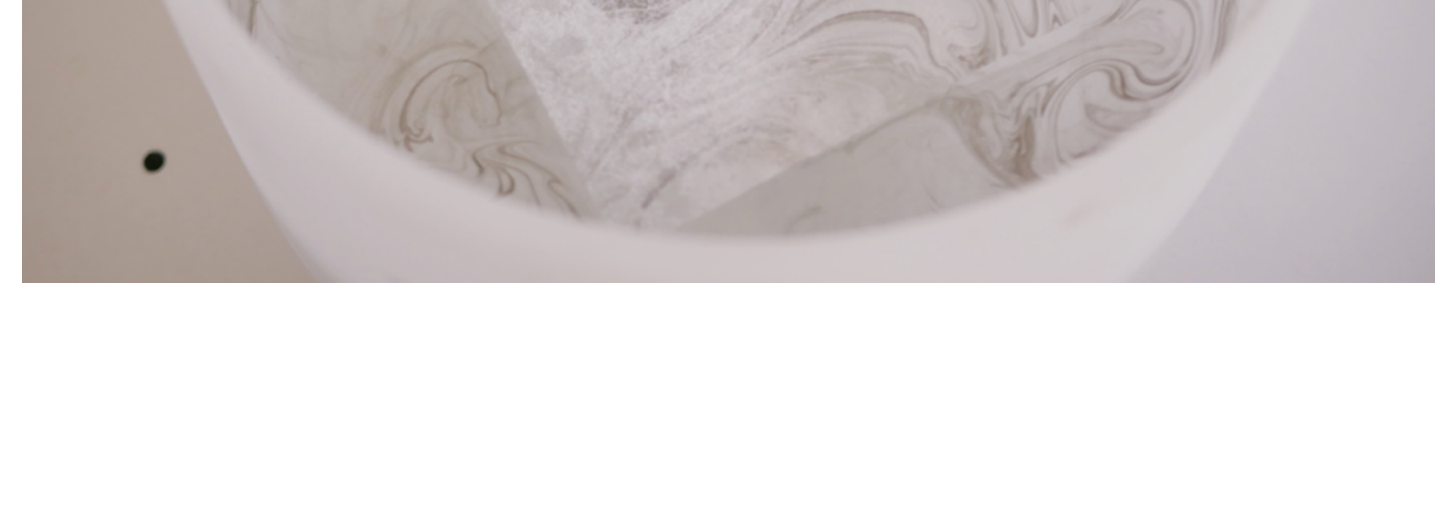
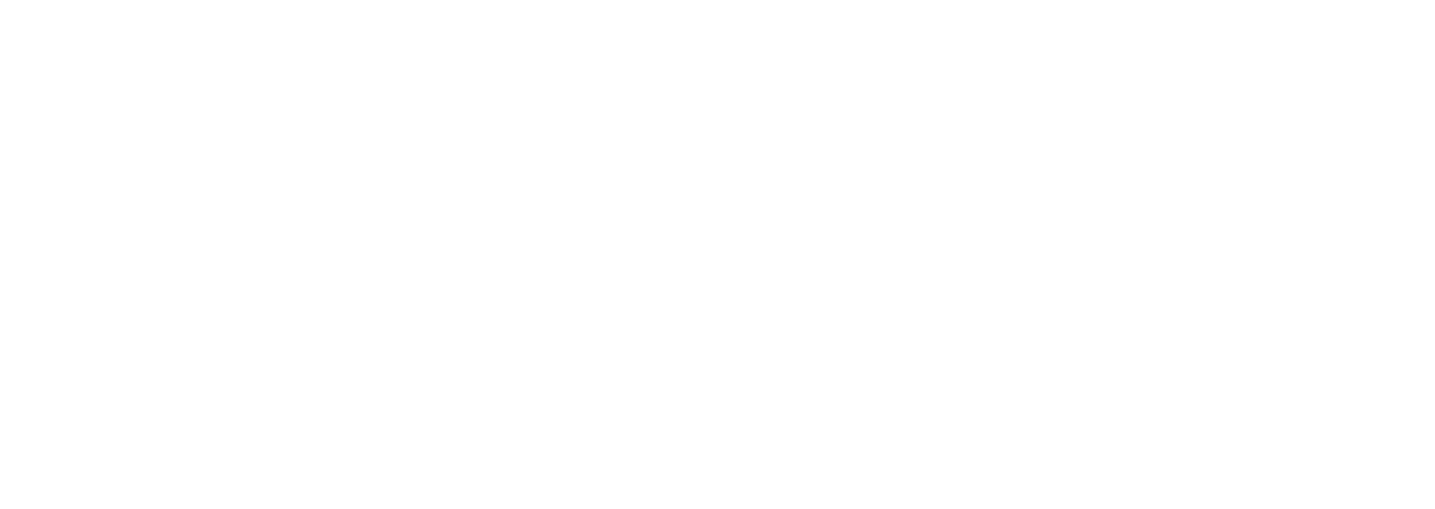
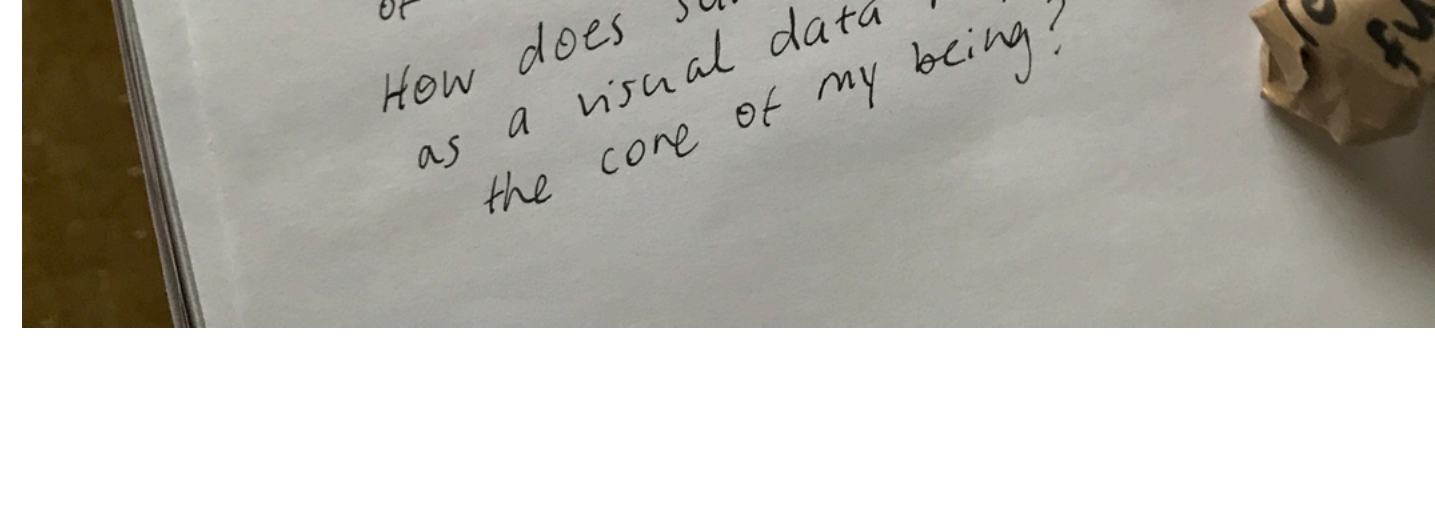
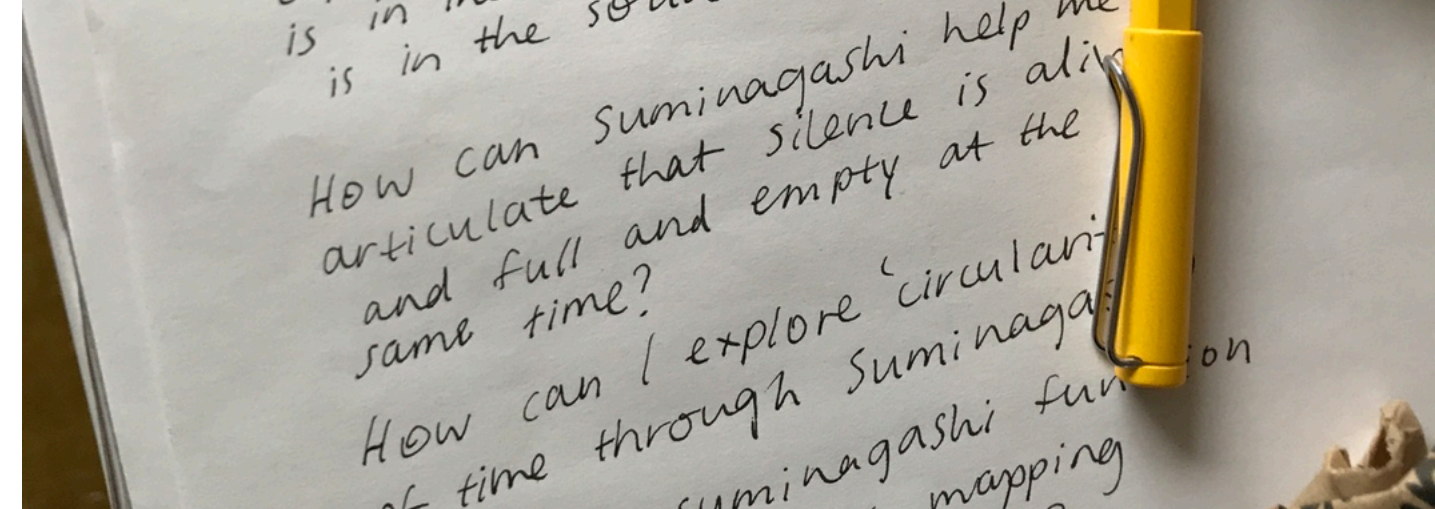
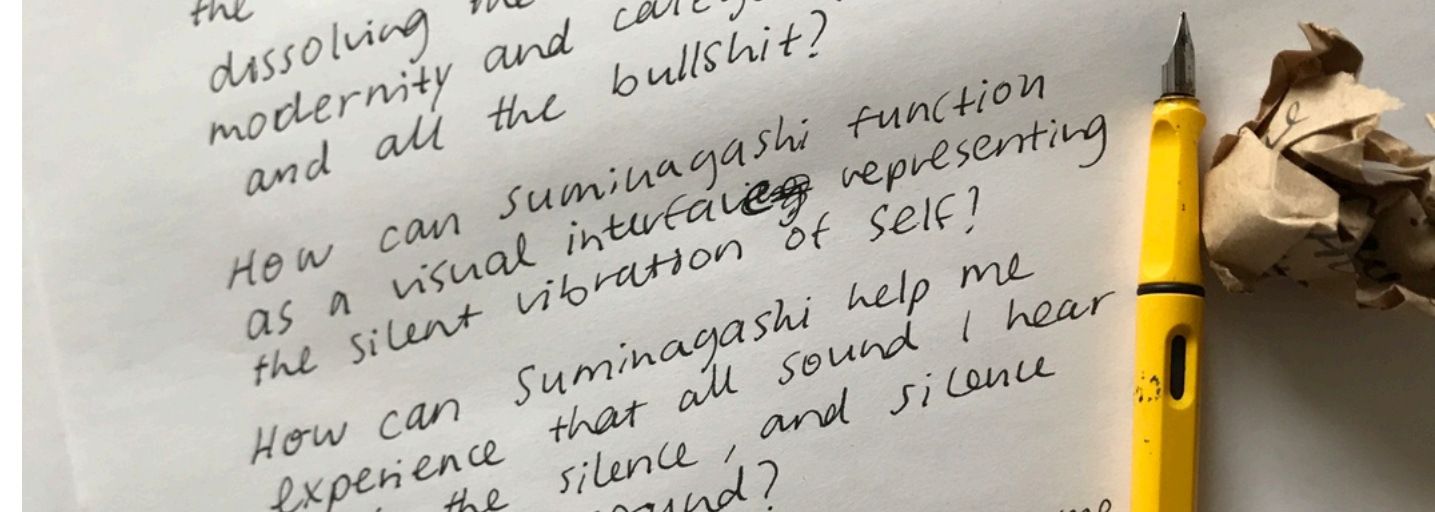
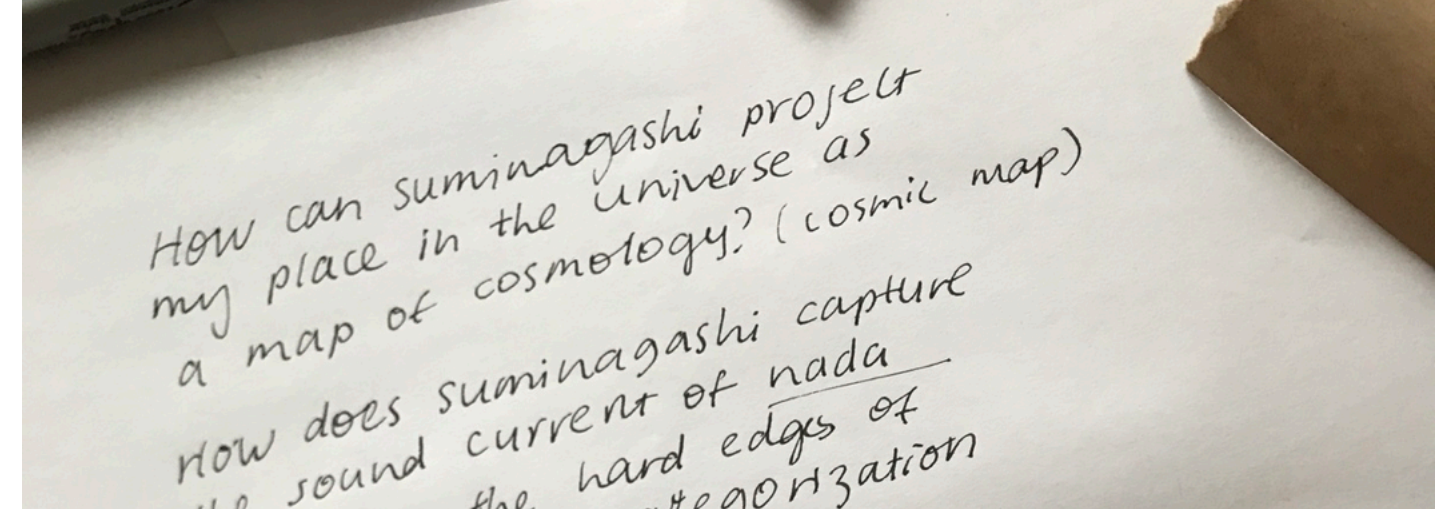
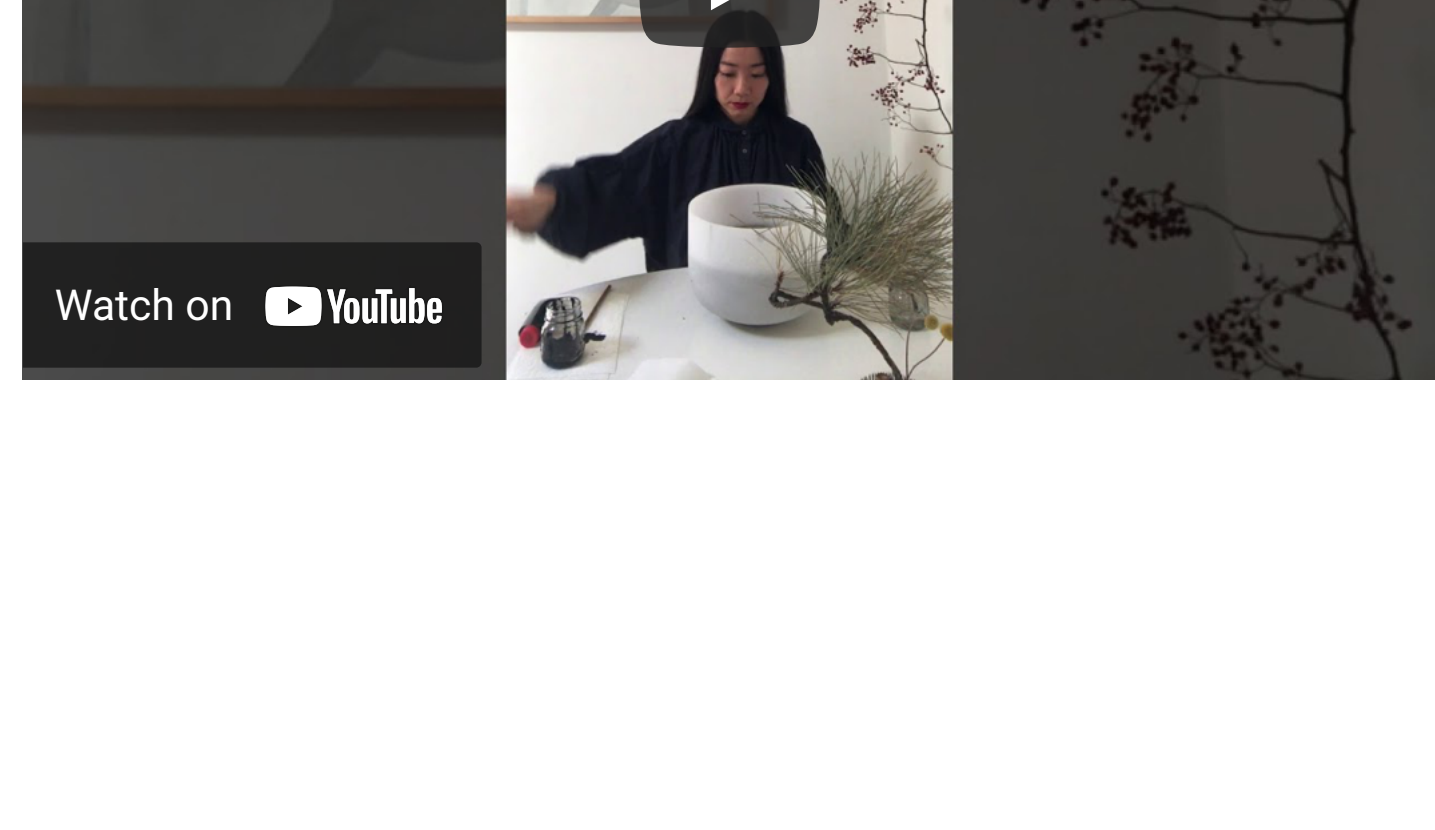
To learn more about my practice with Suminagashi please visit [here](#)



“It is in silence that the heart must hear. The silence is the absence of the small ‘self.’

–Krishna Das, *Nada Yoga* 18

The silence is the reality.”



Each of us is vibrating on various levels.

– Krishna Das, *Nada Yoga* 18

